



Cheyenne and Arapaho tribes construct new travel center and casino

By Rebecka Lyman, Reporter

Driving north on Highway 81 out of El Reno, Okla., travelers will soon have a 5,500 square foot travel center to get fuel, eat, relax and even enjoy their favorite game.

The Cheyenne and Arapaho tribes broke ground Nov. 13, 2012, for their new state of the art travel center east of the Cheyenne and Arapaho tribes smoke shop.

“Welcome and thank you for coming out today ... this is a great day for our tribes. We are excited about moving forward with this project for our new casino and travel center, which will create over 120 new jobs for our tribal members,” Cheyenne and Arapaho Lt. Governor, Amber Bighorse, said.

C.T. Construction and Equipment, LLC is the general contractor who will oversee the new construction site.

“I want everybody to know that it is an honor and privilege to be working with your tribes, we look forward to the opportunity. Everybody so far has been fantastic to work with,” Gina Gray, Native American Funds Advisors (NAFA), vice-president said. “The project will cost approximately \$6 million and is expected to be completed within six months, weather permitting.”

The travel center will be open 24 hours, 7 days a week, with covered fuel pumps, groceries, beer cave, seating for 40 in the dining area, hot food and self-service fountain bar. Also included will be an ATM machine and a well-lit parking lot that will accommodate 300 parking spaces.

The casino inside the travel center will be an 8,800 square foot area



Photo by Rebecka Lyman

Breaking ground for the new Travel Center & Casino was Native American Fund Advisors, Vice President, Gina Gray, Star Fuel, Representative, Ron Murray, CT Construction and Equipment, LLC., Terry Addington, Cheyenne and Arapaho tribes, Executive Assistant to the Governor, Joyce Wood, Cheyenne and Arapaho tribes Gov. Janice Prairie-Chief Boswell, Lucky Star Casino, Allen Roman Nose, Cheyenne and Arapaho tribes, Lt. Gov. Amber Bighorse, C3 Legislator, Cheevers Heap of Birds, C1 Legislator, Bruce Whiteman, and Cheyenne and Arapaho tribes, Special Projects Manager, Bruce Dyer.

with 400 games and a state of the art smoke removal system.

Cheyenne and Arapaho tribes expect to welcome travelers by the Spring of 2013.

For more information about the new travel center and casino call Terry Addington, C.T. Construction at (918) 495-1865.

Roman Nose State Park, site of Cheyenne and Arapaho winter camp reenactment

By Rosemary Stephens, Editor-in-Chief

Nestled in the valley of Roman Nose State Park sit several tipis with smoke twirling up towards the sky, cozy and warm inside, surrounded by the sound of drums echoing through the canyons.

The scene, a reenactment of a Cheyenne and Arapaho winter camp from long ago.

On Nov. 16-17, 2012, Roman Nose State Park, the National Park Services and the Cheyenne and Arapaho tribes teamed up to host over 400 students, in an effort to bring knowledge of the Cheyenne and Arapaho tribes’ cultures, life and traditions.

“We had about 400 students from area schools that came on Friday. We had Woodson Whitebird teaching about the bow and arrow, George Levi demonstrated Ledger Art and taught about the history of the art form and there was also spear throwing demonstrations, with the hay bale being our buffalo,” Minoma LittleHawk, park ranger, laughed. “The Cheyenne and Arapaho warriors were taught how to throw spears from the time they were little ... they

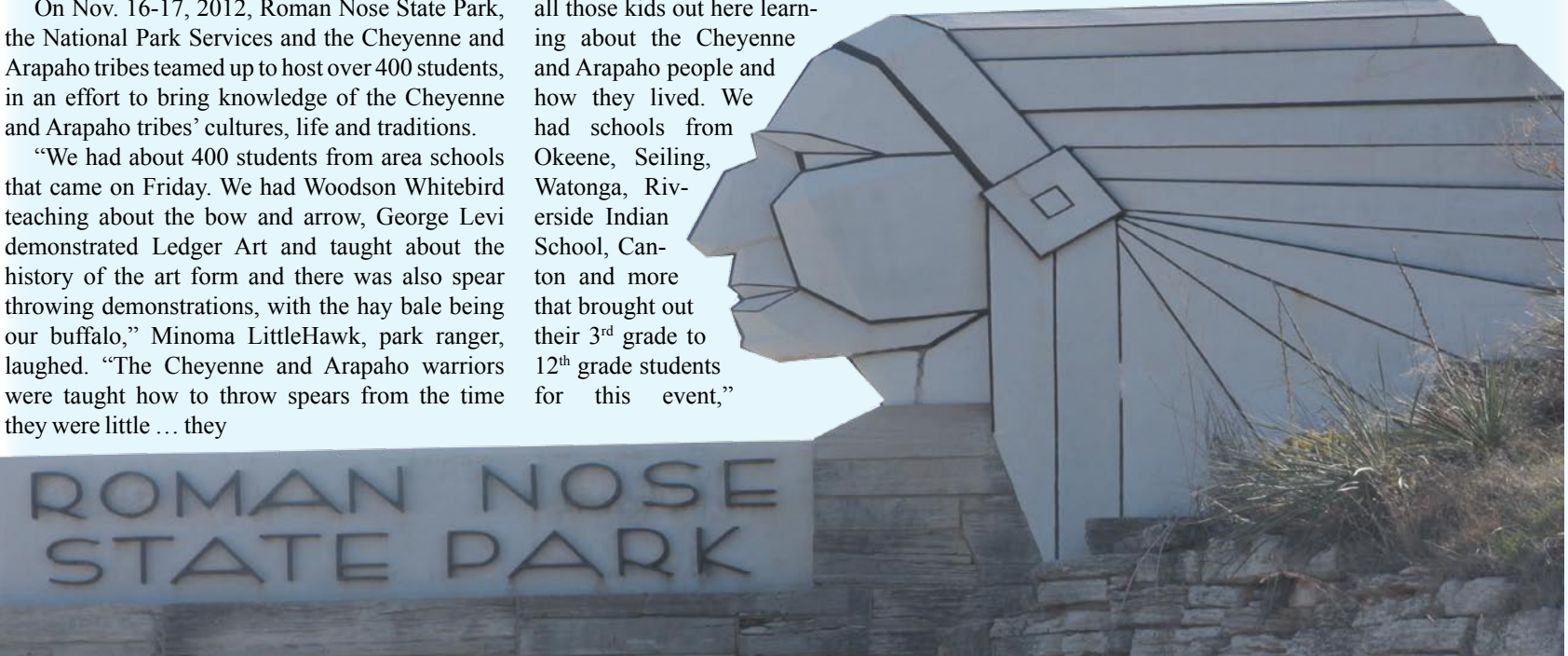
made a game out of it, so that grew up learning how to throw the spears.”

Travis Lindley, park manager for Roman Nose State Park said he was thrilled with the turn out and the entire event.

“It was really good to see all those kids out here learning about the Cheyenne and Arapaho people and how they lived. We had schools from Okeene, Seiling, Watonga, Riverside Indian School, Canton and more that brought out their 3rd grade to 12th grade students for this event,”

Lindley said. “The fact that this park was a part of the Cheyenne and Arapaho history, first being owned by Chief Henry Caruthers Roman Nose makes it even more special.”

See Roman Nose, page 6



Cheyenne and Arapaho Tribal Tribune

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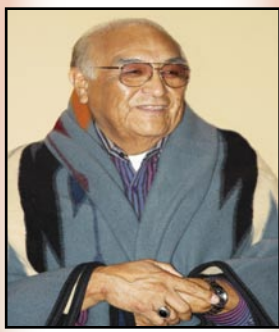
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NAJA

Spirit of Christmas through books, storytelling

There is only one Christmas tree light bulb in the world that can talk and understand human language. He is the amazing Bobby Bright.

John Brooks, author of the *Bobby Bright Christmas* series books and video visited Seiling Elementary School and Darlington School grades 1 through 5 to share an animated reading of his book, *Bobby Bright*. He brought with him a set of *Bobby Bright Christmas* series books and video as gifts for each student.

The Cheyenne and Arapaho tribes, in conjunction with Lucky Star Casino in Concho, Okla. made the gifts for students a reality when they invited Brooks to visit the schools for a live reading and to distribute the books to students.

“This is a gift for these kids ... a gift from the Concho Lucky Star Casino and the Cheyenne and Arapaho tribes,” Brooks said. “I am just so happy to see these kids faces light up when they hear they are going to get to take home the whole collection of books ... you know some of these kids would never have been able to get these books otherwise. It is a wonderful gift the tribes are giving to them.”

Barbara Paukei, Lucky Star Casino said this was a great way to further the education of the children of the Cheyenne and Arapaho tribes.

“By getting them interested in reading it will further their abilities in school,” Paukei said. “We had great responses last year from Mr. Brook’s readings at Darlington and decided to include Seiling and Hammon schools this year.”

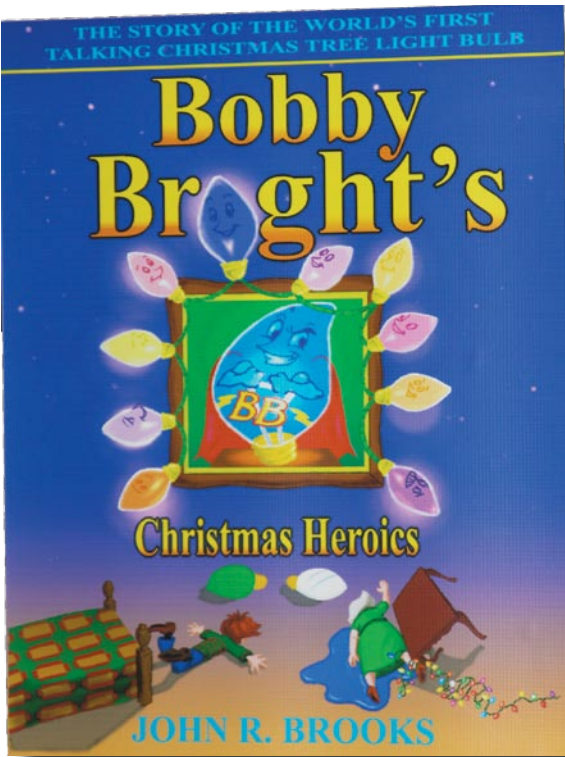
Brooks told the students Bobby Bright was created nine years ago in a conveyor belt accident at the world’s largest Christmas tree light bulb factory where Bobby Bright and his special family of 24 other bulbs ended up together on a strand at the McGillicuddy’s house.

“A very regimented older couple, who for the Christmas season do everything the same way each year, the McGillicuddy’s always put their tree up the day after Thanksgiving. And every year, Bobby and his Bright family are on the strand that is at the bottom of the big box where all the Christmas lights are stored. As precise as the McGillicuddys are, that means the last strand out of the box always goes at the back of the tree. That’s where Bobby and his family have been for nine years. They have never shined for anyone except one old crummy picture on what is otherwise a blank wall. In the 10th year of existence, everything changes thanks to the magic of Bobby. He saves he and his family from being tossed in the trash. Through his amazing powers he creates a situation which leads to their lone strand winding up on the tiny tree upstairs which has been bought for the McGillicuddy’s grandson,” Brooks told the children in a bubbly, excited inflection in his voice as he performed excerpts from the book. “Then the fun begins and the Bright family experiences what every bulb is created for. They shine and make people happy. Meanwhile, Remington discovers that these bulbs on his tree are very, very different, and especially that blue one right in front of the tree...”

Brooks said his inspiration for the story was his memories from 6 years old to 11 years old.

“Christmas was big at our house, and during those years we were a family without a father, and were pretty poor. But we always had a big Christmas tree and my mom and grandmother (both of whom the book is dedicated) always managed to get lots of presents for my sister and me, with help from a couple of aunts and uncles. I was always enthralled, as I counted the presents each day to see if there were any more new ones under the tree. As I made my daily count I always peeked around to the back of the tree and would see those lights no one ever saw. I wondered

what it would be like to never be seen by anyone, or really shine for anyone,” Brooks reflected. “Over the years as an adult, Christmas continued to be a big event. Putting up the tree was huge in my first family of children and my current family. I’m not sure during all those years if I really thought a lot about those questions I had as a child, but in 2003, for some reason, they came back. An idea germinated in my mind about one



bulb in particular who might change such a scenario. And from there, Bobby Bright’s embryonic beginning took place.”

Brooks hoped when writing these books that children would relate to Bobby Bright and said based on his oral readings, they are.

“The kids in the 5 to 11-year old range have loved the idea of a Christmas light bulb that talks, and can do magical things. In fact they have been awed each time I mention the word “bulbese”. I also think children, as they read the book, will realize that an inanimate object like Bobby might indeed be very much “alive” like they are. So far the idea of one very special bulb, who can do magical and thrilling maneuvers with his body, and is able to actually live on a tree and still act and think like a human and relate to a mom and dad, and family, has been intriguing to the young people I’ve dealt with.”

If there was one message Brooks hoped children would get from reading Bobby Bright it would be to believe.

“Believe, believe, believe. To me it is simple. Don’t give up in an endeavor that is important and for the Bright family, it has become extremely important, after spending nine years at the back of the McGillicuddy’s

By Rosemary Stephens, Editor-in-Chief



John Brooks poses for a picture with students at Darlington School. The children are holding a set of Bobby Bright Christmas books they received as a gift from the Cheyenne and Arapaho tribes and Lucky Star Casino.

tree and never getting to shine for anyone, that they provide joy and happiness to lots of people. The path taken to accomplish this should show any child who reads the book, or any adult who is reading to a child, that persistence creates opportunity,” Brooks said.

Brooks will be conducting a live reading at Hammon Schools, 1 p.m. on Dec. 6, 2012 in Hammon, Okla.

About John Brooks: Spanning 50 years in sports casting, John Brooks has been a true innovator in the production and play-by-play of Oklahoma sports. Starting in 1958, John was the first to host a radio show for OU coach Bud Wilkinson and his list of accomplishments is unparalleled since then.

While best known as the Voice of the University of Oklahoma Sooners from 1974-1991, John was the voice of Oklahoma City Blazers Hockey from 1965-2005. John has also broadcast University of Tulsa football and basketball, Northeastern State University and East Central University football, and Oklahoma City University basketball. John has broadcast over 2900 events and is a six time recipient of Oklahoma Sportscaster of the Year. His “Oklahoma Classic Memories” garnered the Coca-Cola/Powderade National Sportscast of the Year in 2000. John has always been known as a leader and a versatile play-by-play sportscaster for virtually every sport on radio and television.

John has also been the Sports Director in Radio at KTOK and in Television at KWTW. Since 1971, his company Sportscast Productions has produced hundreds of award winning sports specials for local and national sporting events.

Through his innovation and talent, John has changed the face of sportscasting. To this day, fans throughout the state pride themselves in their rendition of the most famous call in Oklahoma Sports, the signature phrase of John Brooks—“Geeminy Christmas!”



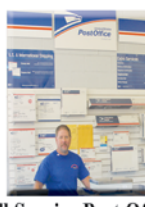
D’Angelo Sleeper smiles as John Brooks hands him a complete set of the Bobby Bright Christmas series and the newly released video.

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Clinton	8:00 am	Clinton Community Center
Weatherford	8:30 am	Weatherford Wal-Mart
El Reno	9:15 am	El Reno Wal-Mart
El Reno	9:30 am	Sav-Alot
Bus 2		
Woodward	6:45 am	Woodward Wal-Mart
Seiling	7:30 am	Seiling Community Hall
Canton	8:00 am	Native American Center
Watonga	8:30 am	Lucky Star Casino
Kingfisher	9:00 am	Snider's Catering
Kingfisher	9:15 am	Kingfisher Wal-Mart
Bus 3		
OKC	9:00 am	Hungry Frog Parking Lot
Bus 4		
Thomas	8:00 am	Thomas/Terrier Express Parking Lot
Bus 5		
Geary	9:00 am	Geary Community Center

AISES awards Mann Ely S. Parker award

By Krystal Harlow

The Ely S. Parker Award is the highest honor bestowed by American Indian Science and Engineering Society (AISES), in honor of the first recognized American Indian scientist/engineer.

This award, selected by the AISES Board of Directors, recognizes high achievements and contributions to STEM and educational communities. The Ely S. Parker Award acknowledges innovative contributions, the ability to overcome obstacles facing minorities in their fields, the recipient's scope and level of responsibility, and his/her potential as a role model. The 2012 Ely S. Parker Award recipient is Dr. Henrietta Mann.

Henrietta Mann (Whiteman) earned a Doctor of Philosophy degree in American Studies from the University of New Mexico, a Master's degree in English from Oklahoma State University, and a Bachelor's degree in Education from Southwestern Oklahoma State University. She is a Cheyenne enrolled member with the Cheyenne and Arapaho tribes, and has served on their tribal government.

Dr. Mann is currently the first President of the Cheyenne and Arapaho Tribal College, serving as the Special Assistant to the President of Montana State University in Bozeman, MT and the Endowed Chair in Native American Studies at Montana State University, Professor Emeritus. She was also director/professor of Native American Studies at the University of Montana, Missoula and a deputy to the Assistant Secretary of Indian Affairs/Director of the Office of Indian Education Programs, Bureau of Indian Affairs, and U.S. Department of the Interior. She is the author of Cheyenne-Arapaho Education, 1871-1982.

Dr. Mann has been awarded many

honors:

Cheyenne Indian of the Year

National American Indian Woman of the Year

Rolling Stone magazine's Leading Professors in the Nation

The National Women's History Project's 20th Century Women Educator

Induction into the Distinguished Alumni Hall of Fame of Southwestern Oklahoma State University

University of New Mexico Alumni Association's Bernard S. Rodey Award

The National Indian Education Association's Lifetime Achievement Award

Working Mother Media's Legacy Award

Dr. Mann serves on several boards and councils:

NATIVE ACTION

American Indian Science and Engineering Society (AISES)

National Museum of the American Indian, Smithsonian Institution & Museum

Native Lands Institute and the Seventh Generation Fund

National Commission on Head Start Fellowships of the Head Start Bureau,

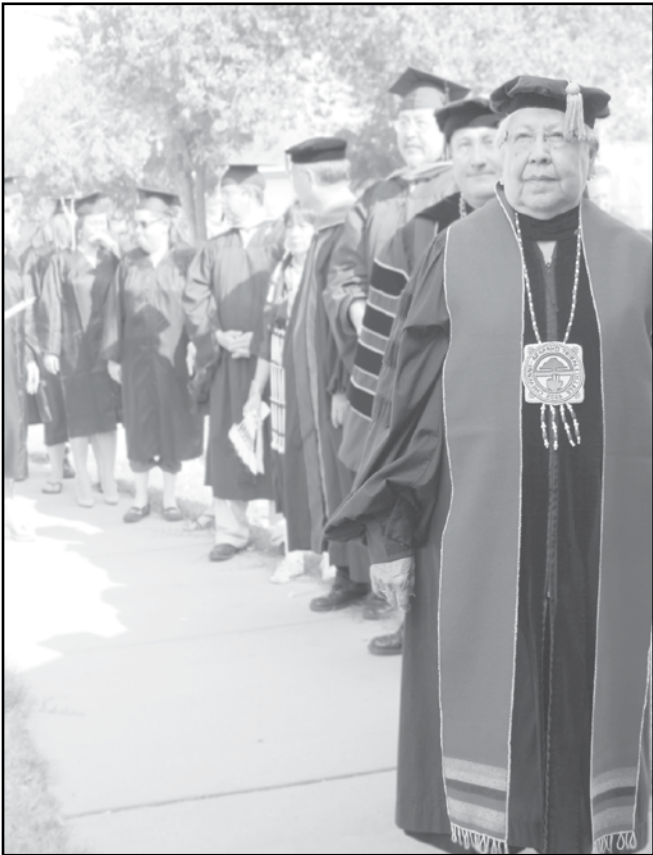


Photo by Rosemary Stephens

Dr. Henrietta Mann was awarded the 2012 Ely S. Parker award from the American Indian Science and Engineering Society.

Administration on Children, Youth and Families, U.S. Department of Health & Human Services

American Indian Religious Freedom Act Coalition

About AISES: Founded in 1977, AISES is a national non-profit organization whose mission is to substantially increase the representation of American Indian and Alaskan Natives in science, technology, engineering and math fields. More information is available at the AISES website: www.aises.org.

Annual conference addresses healthy way of life for elders

By Rebecca Lyman Reporter/Ad Sales



Photo by Rebecca Lyman

Ernestine Whitebird enjoys herself at the annual Diabetes Wellness Elder's Conference as she participates in the chair exercise demonstration.

Friends gather sharing hugs, smiles and laughter.

On Friday, Nov. 16, 2012 the Cheyenne and Arapaho tribes' Diabetes Wellness Program hosted their tenth annual elder's conference at the Community center in Concho, Okla.

"It is my pleasure and honor to welcome all of you to this conference that is just for you," Gov. Janice Prairie-Chief Boswell, Cheyenne and Arapaho tribes, said. "This is a day of educating our elders on how to live healthier lives

different vendors in place to distribute information about how to live healthier lives and empower the minds of elders.

"What is Diabetes? Diabetes is a disease that affects the body's ability to produce or respond to insulin, a hormone that allows blood glucose (blood sugar) to enter the cells of the body and be used for energy," Roberta Hamilton, Cheyenne and Arapaho tribes, Department of Health, deputy director said. "Diabetes falls into two main categories: Type 1, which usually occurs during childhood or adolescence and Type 2, the most common form of the disease, which usually occurs after the age of 45. Diabetes is a chronic disease that has no cure."

Hamilton said that 12.2 percent of Native Americans in the United States that have diabetes are over 19 years of age.

"Today, diabetes has reached epidemic proportions among Native Americans," Hamilton said. "Complications from diabetes are major causes of death and health problems, it is very important

that you know what your A1 count is, maintain a healthy diet and exercise."

Kristie Purdy, Clinton Indian Health Center, nutritionist stressed the importance of safe food handling.

"Food borne illness cannot be seen or smelt," Purdy said. "Wash your hands thoroughly before touching any food, keep raw meat and their juices away from other foods while you are preparing your thanksgiving meal this year and any other meal you prepare for your self," Purdy said. "Cross contamination is one way to get a food borne illness."

Hamilton said the purpose for the elder's conference is to reach out to the elders and inform them about diabetes, exercise, health benefits, and provide them information about what services that the tribes programs provide and how they can assist them.

Following the morning speakers, the elders participated in a chair exercise demonstration and a Thanksgiving lunch.

For more information about the Diabetes Wellness Program call (405) 422-7679.

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Cobell settlement to begin paying out by Christmas

By Rob Capriccioso
Indian Country Today Media Network

WASHINGTON – The checks are soon to be in the mail. Those long-awaited words for many in Indian country came from Secretary of the Interior Ken Salazar when he announced this week that the federal government was set to release funds designated for the approximately 350,000 Indian class members affected by the \$3.4 billion Cobell settlement. The agreement between the federal government and the Cobell lawyers and lead plaintiffs was first announced in December 2009. It cleared Congress in 2010, and made it through an appeals process that included review by the U.S. Supreme Court on Nov. 24. “With the settlement now final, we can put years of discord behind us and start a new chapter in our nation-to-nation relationship,” Salazar said in a press release. “Today marks another historic step forward in President [Barack] Obama’s agenda of reconciliation and empowerment for Indian country and begins a new era of trust administration.”

Obama also released his own statement hailing the end of the contentious case and settlement. “I welcome the final approval of the Cobell settlement agreement, clearing the way for reconciliation between the trust beneficiaries and the federal government,” the president said. “While Elouise Cobell, the named plaintiff in this case is no longer with us, her legacy will be a renewed commitment to our trust relationship with Indian country. I thank her for her honorable work, and also want to thank the leaders at the Departments of the Interior, Justice and Treasury who helped reach this conclusion.”

The president is expected to talk about the case and settlement on Dec. 5 at his fourth White House Tribal Nations Conference since taking office. Cobell passed away in October 2011 after having battled an unnamed type of cancer. The Blackfeet citizen began the case in 1996, arguing that the Interior Department has mismanaged billions of dollars in Indian trust funds and accounts. Dennis Gingold, lead lawyer for the Cobell legal team, has told class members that they could begin receiving checks by Christmas. “We all are happy that this settlement can finally be implemented,” Gingold said in a statement. “We deeply regret that Ms. Cobell did not live to see this day.” Lawyers for the Cobell plaintiffs are scheduled to receive approximately \$100 million under the deal. Most class members will receive less than \$2,000. Included in the \$3.4 billion settlement is a \$1.9 billion set-

aside for the Interior Department to start a land consolidation program that will allow for the voluntary sale of individual land interests that have fractionated, or split among owners, over years of complex federal policy. The rest of the money, \$1.5 billion, less lawyers’ fees, will be divided among the Indian class members. “This marks the historic conclusion of a contentious and long running period of litigation,” Hilary Tompkins, Solicitor for the Department of the Interior, added in a statement. “Through the hard work and good will of plaintiffs, Interior and Treasury officials and Department of Justice counsel, we are turning a new page and look forward to collaboratively working with Indian country to manage these important funds and assets.” The Department of the Interior offered the following details on payments: Payments to Claimants The Claims Administrator will now begin overseeing disbursement of the \$1.5 billion to nearly 500,000 class members. The court previously approved GCG, Inc., as the Claims Administrator. The Department of the Treasury will transfer the \$1.5 billion to an account at JP Morgan Chase, a bank approved by the court. Per the terms of the settlement agreement, Interior’s Office of the Special Trustee (OST) has assisted GCG with its database by supplying contact information of individual class members from its records. “We will continue to work with GCG to ensure it has the information it needs to make expeditious and accurate payments,” Deputy Secretary of the Interior David J. Hayes said. “At the same time, we’re focused on making meaningful improvements to our trust administration so that we’re more transparent, responsive and accountable in managing these substantial funds and assets.” Trust Land Consolidation Program The Department of the Interior will use \$1.9 billion from the Trust Land Consolidation Fund to acquire interests in trust and restricted lands that have “fractionated” over successive generations since the 1880s. Individual owners will be paid fair market value for such interests with the understanding that the acquired interests will remain in trust and be consolidated for beneficial use by tribal communities. Interested sellers may convey their fractional interests on a voluntary basis. Currently, there are over 2.9 million fractional interests owned by approximately



The late Elouise Cobell, Blackfeet citizen and lead plaintiff, began the case in 1996, arguing that the Interior Department mismanaged billions of dollars in Indian trust funds and accounts.

260,000 individuals. While the settlement was pending, Interior held a series of consultation meetings with tribes in 2011 to ensure that this landmark program incorporates tribal priorities and promotes tribal participation in reducing land fractionation in a timely and efficient way. These discussions informed a draft land consolidation plan released in February of 2012. Interior is incorporating public comments and expects to release an updated plan by the end of the year for additional consultation. “The land consolidation program is our chance to begin to solve a fractionation problem that has plagued Indian country for decades,” said Interior Assistant Secretary of Indian Affairs Kevin K. Washburn. “We are anxious to get started. We know that Interior’s continued outreach through consultations with Indian Country is a crucial component to accomplishing truly open government-to-government communication” Information about payments should be directed to GCG, Inc. at (800) 961-6109 or via e-mail at Info@IndianTrust.com, Interior officials said.

Redlands Community College team up with Cheyenne and Arapaho tribes to celebrate Native American month

By Robin Noyes, C&A Correspondent



Submitted photo

Cheyenne and Arapaho tribal members perform at the Redland’s Community College Heritage Day Nov. 12, 2012.

November is designated as National Native American Heritage month. The Cheyenne and Arapaho tribes used this time to educate students about Native American traditions at Redlands Community College’s (RCC) first Heritage Day celebration, Nov. 12, 2012 in El Reno, Okla. Redland’s All Nations Business Institute sponsored the event. The All Nations Business Institute was implemented in October 2011 to help increase graduation rates among Native Americans and other under served students wishing

to pursue degrees in business administration and business administration technology. In attendance was guest speaker Raymond Red Corn from the Osage Nation who addressed the business students on how to be straightforward with employers and meeting organizational goals. He said by offering to work together to meet a goal were the, “essence of any successful business.” “Learning how others see you is also an important aspect of success and students must learn to ask and listen,” Red

Corn said. He stressed the importance of mastering the English language and grammar as well as good writing skills in today’s business arena. Cheyenne Chief, Gordon Yellowman, was also honored at a reception as part of the Heritage Day celebration for his many accomplishments and contributions to the Native American traditional art society. Yellowman is on the Council of 44, a traditional peace-maker of the Cheyenne people. He has worked for the Cheyenne Arapaho tribes since 1971 and is a museum curator and exhibit consultant. Yellowman’s art combines the old style Cheyenne and Arapaho ledger art style with his unique contemporary ledger art style. He works in the artistic mediums of acrylics, technical illustration pens and watercolors. Some of Yellowman’s art pieces have been on display at RCC during the month of November. “Partnership is key and when we develop partnerships with educational institutions such as Redlands along with the tribes, it’s a partnership of working together ... that’s the key word, working together,” Yellowman said. Cheyenne and Arapaho dancers performed in full regalia to treat the students and faculty to a colorful display of dancing that began with a Grand Entry, followed by other dance exhibitions including Ladies Cloth, Women’s Jingle, Men’s Grass dance, Men’s Southern Straight and Men’s Fancy War dance. Singers Richard Deer and Ronald Monassey were at the drum. Emceeding the event was J.R. Lonelodge. Lonelodge is a Cheyenne and Arapaho tribal member and a student of business administration at RCC. He works for the Cheyenne and Arapaho tribes and has served in the U.S. Marine Corps. “We are very new on campus, even though we got the grant last year we had a slow start. A lot of people on campus still don’t know that we are here and what we are doing and so this was our kick off to show awareness that we are on campus, and see who we are serving. We have 362 Native Americans on campus, but we could have more,” Shannon Strain, Redlands All Nations Business Institute, director said. Robin Noyes is a full time student at Redlands Community College and a member of the Cheyenne and Arapaho tribe.

All in the sport of Handgame

By Rosemary Stephens
Editor-in-Chief

The sport of Handgame is a standing tradition among the Cheyenne and Arapaho tribes and many other tribes’ who travel across the country to compete in tournaments.

The Cheyenne and Arapaho tribes’, along with Lucky Star Casino, hosted a Handgame tournament on Nov. 10, 2012 at the Concho Community Center in Concho, Okla.

Fifteen teams entered the tournament, one of the largest number of teams to participate in this area.

Tribal members from the Kiowa tribe, Comanche Nation, Apache tribe, the Crow tribe, Ft. Sill Apache tribe and the Cheyenne and Arapaho tribes.

The teams were the Greasy Leggins, Crow Nation, Challengers, Magic, Red Thunder, Angry Birds, South-Side, Camp 7, Moccassins Flats, 12 Pack, SBC, Spotted Horse, Comanche Spurs, Oklahoma Indians and the Canton Indians.

First place winner was Magic, who won \$1,000. The team consisted of team captain, Pete Bearshield, Cheyenne, Myron Beaver, Kiowa, Chee Bearshield, Apache, Shanna Beaver, Cheyenne, Quinkie Beaver, Cheyenne, and

Brandon Alden, Crow. Second place winner were the Comanche Spur, who won \$700. The team consisted of all Comanche tribal members, team captain Gerald Chasenah, Frankie Chasenah, Gary Chasenah, Kenneth Chasenah, Mary L. Chasenah, Linda S. Chasenah, Pam C. Chasenah and Shantella L. Chasenah.

Third place winner was SouthSide, who won \$425. The team consisted of all Apache tribal members, team captain, Keith Wetsaline, Ashley Wetsaline, Fiona Wetsaline, Cameille Wetsaline, Frieda Wetsaline and Sierra Wetsaline.

Prior to the start of the tournament a free for all was played, which featured three games between the Crow



Photos by Rosemary Stephens

Cheyenne and Arapaho Gov. Janice Prairie-Chief Boswell welcome guests from Montana Crow tribe before the Handgame tournaments in Concho, Okla.

tribe and Oklahoma. These were free games and anyone could play on either side just for the fun of playing. A total of 30 games were played.

A Thanksgiving meal was served to all in attendance, with special recognition given to the Crow tribe, who travels to Oklahoma each year from Montana to play Handgame with the Oklahoma tribes.

Fighting against elder abuse in Indian Country

By Rebecka Lyman, Reporter/Ad Sales

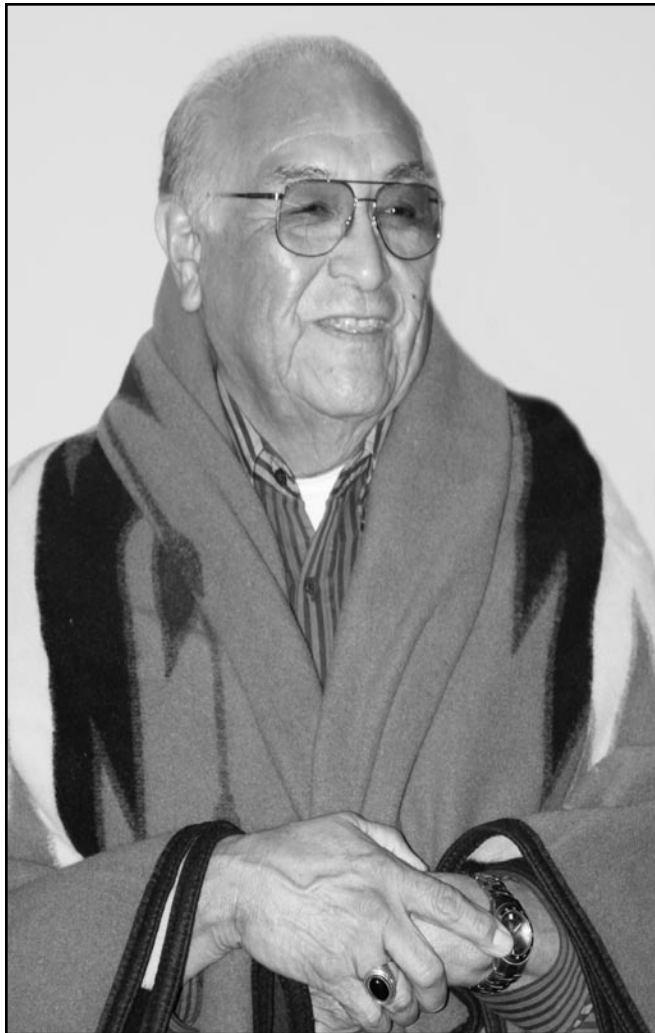


Photo by Rebecka Lyman

Cheyenne and Arapaho elder, Gilbert Lamebull, was one of the chosen honored elders during the Southern Plains Bureau of Indian Affairs (BIA) Adult Protection and Vulnerable Adults services annual conference held in Norman, Okla.

The Southern Plains Bureau of Indian Affairs (BIA) Adult Protection and Vulnerable Adults services held their fourth annual conference on Nov. 7-8, 2012 at the Embassy Suites in Norman, Okla.

“They are our mothers, fathers, grandparents and friends. We care about them as revered members of our families, wise sages and keepers of our traditions,” Dr. Paula Carter, PhD, National Indigenous Elder Justice Initiative (NIEJI), research director said. “Our elders are under attack, often by the very people who should be caring for them. Unfortunately, Native American elders are no safer than their elderly non-Indian neighbors. It is time for tribal, state, and national leaders to break from the complacency of the past and deal with this issue head-on.”

Carter said that NIEJI is just opening the door to looking at elder abuse in Indian Country and that they are building some infrastructure so they can plot and define statistics they gather.

“We are in the process of contacting and working with over 560 federally recognized tribes throughout the country, including Alaskan Villages and Hawaiian Homesteads, to see if anything is written in their Tribal Constitutions about elder abuse. We have written a model code the tribes can use to base their own codes on, they are available on our website,” Carter said. “We are also planning on looking at a restorative component to elder abuse so that communities can set up ways to restore the family at the end of the process. For instance, the abuser may be a family member and relative caregiver. We want to help restore that family and offer non-punitive intervention.”

The term elder abuse generally encompasses abuse committed against the elderly in a variety of forms, including physical and/or emotional abuse, financial ex-

ploitation or willful neglect, such as denial of food or medicine.

“The Southern Plains BIA continues to strive for improvements in the field of serving our Indian Elders and vulnerable adults,” Rick Decora, Anadarko Agency, chief of police said. “We have learned through our experience that it is imperative to continue to build on our working relationships with other agencies responsible for serving Native American elders.”

As the conference came to an end, a ceremony was held to honor elders for their life’s work in their communities.

Gilbert Lamebull, a Cheyenne and Arapaho elder and chief, who works at the BIA, Concho Agency as a special trustee, was one of the chosen elders to be honored.

“I am surprised, I had no idea I was getting this award today, but I am honored to accept this honor that you have given me today. May God bless each and everyone of you, Haho,” Gilbert said after accepting his award and Pendleton blanket.

The NIEJI was created to address the lack of culturally appropriate information and community education materials on elder abuse, neglect and exploitation in Indian country on a National level. The Oklahoma team of researchers consists of workers from Tribal Social Services, the BIA Concho Agency Office of Special Trustee, the Native American Legal Resource Center of the Oklahoma City University School of law, the University Of Oklahoma, Ann and Henry Zarrow School Of Social Work, Knee Center for Strong Families and the Oklahoma Department of Human Services State Office Adult Protection experts.

For more information or to report adult abuse call the abuse hotline (800) 522-3511 or the BIA Southern Plains Region (405) 247-1608.

Ft. Sill Apache tribe return to homeland

By Mark Holm, New York Times

AKELA FLATS, N.M.-On a dust-swept strip of Interstate, not far from the Mexican border, sits a small rest stop where weary truckers trickle in day and night, slump down at the handful of tables inside and order a half-pound burger or a cup of coffee.

Unbeknown to many who end up here, they have happened upon the land of the Fort Sill Apache, the newest Indian reservation in the country and, at just 30 acres, the tiniest.

No tribal members live on the reservation yet. The Fort Sill Apache, who trace their lineage to Geronimo, were driven from New Mexico more than a century ago, and the largest population concentration now resides in Oklahoma. But they still consider this area their ancestral home.

Now, one year after the federal government designated the roadside plot as the tribe’s sole reservation, the Fort Sill Apache are mired in a dispute over their efforts to transform the lonesome site into a casino.

The hope, said Jeff Haozous, the tribal chairman, is that a casino will generate enough money to buy additional land and compel some of the 700 enrolled tribal members to come back.

“There is a serious difference between our situation and any other case, in that we’re returning to a place from which we’ve been exiled for over a century,” Mr. Haozous said as a customer strolled past a wall of photos showing stone-faced Apaches, some draped in traditional garb and others in stiff suits, gazing out on the room.

According to tribal history, the Fort Sill Apache descend primarily from the Warm Springs and Chiricahua Apache bands, who were held as prisoners of war by the United States government in Alabama and Florida before being moved to Fort Sill, Okla.

The tribe bought the New Mexico parcel in 1998 for \$30,000, and the land was put in trust for it by the federal government in 2002.

Sitting between Tucson and El Paso on Interstate 10, the rest stop is a natural way station for travelers and has been operating as the Apache Homelands Entertainment Center since 2008.

But casino gambling on Indian lands is a highly competitive and frequently controversial business that can pit tribes against federal and state regulators — and even one another. Whether the Fort Sill Apache will get approval for a casino is unclear.

The federal Indian Gaming Regulatory Act largely prohibits gambling on lands acquired after Oct. 17, 1988, with certain exceptions. Previous efforts by the tribe to get approval for gambling have failed.

In 2008, believing that the National Indian Gaming Commission, which helps regulate Indian casinos, would ultimately approve their plans, the Fort Sill Apache tried to open a temporary bingo hall here.

But Bill Richardson, the governor at the time, ordered the state police to block access to the building, saying the tribe lacked the authority to operate a casino. The next year, the National Indian Gaming Commission issued a violation to the tribe for running a gambling operation on the site.

Phillip Thompson, the tribe’s lawyer, said the Fort Sill Apache had appealed the violation and contend that they should qualify for gambling based on their unique history.

“If they are not allowed to develop anything in Oklahoma or New Mexico, where is their existence?” he said, adding that the Fort Sill Apache also own a casino in Lawton, Okla., but are prohibited from acquiring additional land there without permission from three other tribes in the area.

This spring, the Fort Sill Apache also filed a gambling application with the Interior Department, which can grant an exception to the Indian Gaming Regulatory Act.

A spokeswoman for the department, Nedra Darling, said it would determine whether gambling is in the tribe’s best inter-

est and whether it would be detrimental to the surrounding area. If the application is approved, the department will also seek the support of Gov. Susana Martinez of New Mexico, who could potentially block the casino.

So far, Ms. Martinez has opposed the idea.

“When the land was placed in trust, there was an understanding that the tribe would not take part in gaming,” Scott Darnell, a spokesman for the governor, said in an e-mail. “It was a premise of the discussion at the time and was based on representations made by the tribe.”

Reaction in New Mexico’s Indian Country, where tribes operate more than a dozen casinos, has been mixed.

The Pojoaque Pueblo wrote a letter to Mr. Haozous expressing support for the Fort Sill Apache’s “economic initiatives.” That tribe’s two casinos are some 300 miles away.

The Mescalero Apache, who operate the Inn of the Mountain Gods Resort and Casino about 150 miles away, the nearest tribal gambling operation in New Mexico, are against the proposal, Mr. Haozous said.

Sandra Platero, vice president of the Mescalero, declined to comment about the issue.

In nearby Deming, some hope that the casino will provide an economic boon to Luna County, which has an unemployment rate of about 12 percent.

“I think it’s a good idea,” said Linda Franklin, Deming’s mayor pro tem. “They have proven they are a tribe. They are from the area. I think we all need to live and work together.”

On Friday, the tribe held a celebration here, commemorating the first anniversary of its reservation proclamation.

Mr. Haozous said he hoped that a decision on the casino would come next year.

“This would be the achievement of a goal that has been held by the Chiricahua people since 1886, when they were removed from the Southwest,” he said. “To return home.”

Roman Nose

continued from page 1



Photos by Rosemary Stephens

Teresa Ezeskry, Washita National Park ranger shows different items made from the skin and bones of the buffalo.

According to a book by M.C. Weber entitled, *Roman Nose, The History of the Park*, Henry Caruthers Roman Nose, a southern Cheyenne is the namesake for Roman Nose State Park. It reads, in part, “Who was Chief Roman Nose? This could be the most frequently asked question by the park’s visitors. They want to know more about the man who lived in this magnificent canyon and for whom the park was named.

Historians of Indian genealogy have determined that Roman Nose was not an uncommon name among Cheyenne and Arapaho people during the late 1800s. Several men from both tribes, including two Cheyenne leaders, were named Roman Nose. This replication of names has created confusion for some contemporary writers of Indian history.

As a result, several have incorrectly identified the park’s namesake in prominent publications.

The most common mix-up centers on Roman Nose, a Northern Cheyenne who was a member of the highly respected Lance Society, one of the tribe’s military clans. According to historical documents, he died in eastern Colorado during the Battle of Ariekaree Creek (also known as the Beecher Island Massacre) in September 1868. That would have been the same year the Southern Cheyenne and Arapaho reservation was established. Therefore, the Northern Cheyenne could not have lived on the reservation

during the late 1880s, since he was dead by that time. He was not the park’s namesake, contrary to declarations in several publications.

State officials named the park for Chief Henry Caruthers Roman Nose, a Southern Cheyenne who lived his latter years in the rugged canyon from 1887 until he died there in 1917. His family members sold the land in 1922 to the Cronkhite family. Henry Roman Nose is the namesake of Roman Nose State Park.

Roman Nose was born June 30, 1856, the day and month are approximations. His parents gave him the name Woquini (pronounced Wah-kin-e) meaning Hook Nose.

On June 30, 1891, Roman Nose selected

his allotted 160 acres; he chose land where he and his family were then living. Records in the land office of the BIA in Anadarko indicated he received allotment number 2071. The Northwest ¼, Section 24, Township 17 North, Range 12 West. The southern half of his allotment included part of the canyon that later became Roman Nose State Park.

Standing Roman Nose, Henry’s wife selected 160 acres immediately North of Henry’s. John Roman Nose, their son’s allotment, was 160 acres immediately south of Henry’s allotment and Amanda Roman Nose, their daughter received 160 acres immediately south of her brother’s allotment.

Roman Nose, at the age of 41 years became a chief of the Southern Cheyennes. When he became chief, the Council of the Forty-four governed the Cheyenne tribes. The council consisted of forty-four chiefs who represented the tribes’ ten major social bands. Four chiefs were selected from each of the ten bands and four priest chiefs were selected at random. Only chiefs participated in the selection process. The Council of the Forty-four is steeped in Cheyenne culture. According to the tribes’ hallowed history, Sweet Medicine, the messianic prophet named the first chiefs to the council. Since then membership has been self-perpetuating. Each retiring chief names his successor. In 1897 Chief Little Jake retired from the Council of the forty-four because of age and he selected his close friend Henry Roman Nose.

Henry died on June 12, 1917, a few days short of his sixty-first birthday. Roman Nose was in the tenth year of his second term as council chief when he died. He had served his people for nearly twenty years. The chief’s wife, Standing Roman Nose lived to be 93 and died on Oct. 15, 1946 at the Indian Hos-

pital at the Concho Agency. She was buried in the same cemetery as her husband, the Watonga Indian Cemetery. In 1935, 18 years after Henry’s death officials in the Division of State Parks honored the memory of Henry naming the state park of Watonga for him.

Will Cronkhite had bought ranch land near both ends of Roman Nose Canyon, at the canyon’s entrance to the east and on its rim to the west. In 1906 Will Cronkhite moved his family to the white house he had built on his upper ranch property that overlooked the canyon. J.B. Cronkhite, his son grew up in this house and counted as his friend, John Roman Nose, the son of Henry Roman Nose. Will Cronkhite eventually bought ownership of the Indian land in the big canyon including the site of the fresh water springs. His canyon land later became part of Roman Nose State Park.

In 1935 the National Park Service announced plans to provide funds for developing state parks across the United States. Upon receiving the news, business people and city officials in Watonga Oklahoma quickly reacted. Members of the Watonga Chamber of commerce approached J.B. Cronkhite to determine whether he would sell his holdings in Roman Nose Canyon so a park could be located there. He agreed to their request and set a purchase price of \$9,080 for 360 acres.

The Roman Nose State Park officially opened on May 16, 1937.”

Today the park includes an 18 hole golf course, swimming pools, tennis courts, volleyball court, hiking trails, two lakes, trout fishing, canoeing, horse stables, hayrides and much more.

For more information about the park call (580) 623-4215.

Abusive tricksters, abusive relationships

By Beau Washington

Like many people I wondered for years why a person would stay in an abusive relationship. I am not talking about the occasional loud family argument, but a knockdown, drag out, somebody gets hurt relationship. I realized that people make a commitment for better or worse and that is good, but does it include being hit, bruised and belittled?

As a healer, one of the hardest things for me was to work with an abused woman, and I know a few guys who are abused as well. It was hard because sometimes I would hear her story and see bruises so bad, I didn’t know if the person would be alive next month. I didn’t understand why she just didn’t move out.

Years ago I gave a talk at a conference in Albuquerque and during the presentation I told the audience that there was one thing I didn’t understand and that was why a woman would stay in a relationship where she got beat up.

“If anybody knows this answer, please tell me after the talk.”

A therapist came up and told me that, “the boyfriend/husband treats her better than she treats herself.” I stood there looking at her and said “huh?” I didn’t quite understand because if he beats her up, how could this be?

She said, “He gives her love in between the abuse, where as she only beats herself up and never gives herself love.”

In psychology we have a term called the, “ah-ha moment,” where all of a sudden, “we get it”.

Sometimes a person is harder on themselves than other

people are and they mentally beat themselves up.

Since the therapist told me this, I have looked for this in my clients and yes, she has it right ... they mentally beat themselves up.

Okay, so what does this mean? It works this way, Trickster Thoughts are thoughts that are often so close to reality, but they are not accurate; they fool a person into believing they are true. Here is what beating yourself up thoughts sound like, “I am stupid,” (Labels Trickster); “If he doesn’t love me nobody will love me,” (the Disaster Trickster); “I can’t do anything right,” (Black and White Trickster); “I don’t deserve better,” (Emotional trickster, I feel it, so it must be true); and the Tells Fortune Trickster chimes in saying, “It will always be miserable.”

For some people, no matter how many things they do right, the Labeling Trickster will remind them of what they did wrong and then tell them that they are stupid and they are always doing dumb things. All of these are possible but usually not accurate. I rarely meet people who are stupid. People don’t always do the wrong thing and nobody knows what the future holds.

These types of Tricksters will keep doing their dirty little tricks as long as you believe them. Just telling somebody to get out of their abusive relationship doesn’t work very well because they think they deserve it. Unfortunately the guy may actually say things like, “you are stupid”; “you are such a loser” and “nobody else will love you.”

They may also bring up the past and use it to make their case that it is true. These thoughts are already playing in the woman’s head, so it must be true. Wrong! These are mean Trickster’s thoughts and perhaps give Emotional Trickster the power to do their damage. A single Trickster thought has no power if it is thought once or twice, but think the Trickster thoughts a lot and they will cause terrible emotional pain. The abusive person does give the woman love, which helps her to feel accepted and good for a short time.

A person can’t run away from emotional pain, but they can fight it by stopping the Trickster thoughts from doing their damage. Here is the good news, paying attention to your thoughts and catching the Tricksters will start to change things.

Trickster thoughts like, “I am stupid,” are usually wrong. Everybody does things from time to time that are dumb, fortunately we do many more things that are smart. Could a truly stupid person read this column, or even read? Probably not. How many stupid things did you do this week, hundreds? Probably not, may be one or two, if that, which means that you did hundreds of smart things this week. So it is probably true that you did hundreds of smart things and only one stupid thing, thus calling yourself stupid is wrong. I don’t know anybody who wants to be wrong. Stop beating yourself up and things will change for the better.

To contact Beau Washington email bowash01@kickdepression.org

Bullying and teasing, no laughing matter

Bullying: Know the facts about bullying, even if you don’t think bullying affects your child.

Unfortunately, teasing is often part of growing up, almost every child experiences it. But it isn’t always as innocuous as it seems. Words can cause pain. Teasing becomes bullying when it is repetitive or when there is a conscious intent to hurt another child. It can be verbal bullying (making threats, name-calling), psychological bullying (excluding children, spreading rumors), or physical bullying (hitting, pushing, taking a child’s possessions).

How Bullying Starts

Bullying behavior is prevalent throughout the world and it cuts across socio-economic, racial/ethnic, and cultural lines. Researchers estimate that 20 to 30 percent of school-age children are involved in bullying incidents, as either perpetrators or victims. Bullying can begin as early as preschool and intensify during transitional stages, such as starting school in 1st grade or going into middle school. Victims of bullying are often shy and tend to be physically weaker than their peers. They may also have low self-esteem and poor social skills, which makes it hard for them to stand up for themselves. Bullies consider these children safe targets because they usually don’t retaliate.

Effects of Bullying

If your child is the victim of bullying, he may suffer physically and emotionally, and his schoolwork will likely show it. Grades drop because, instead of listening to the teacher, kids are wondering what they did wrong and whether anyone will sit with them at lunch. If bullying persists, they may be afraid to go to school. Problems with low self-esteem and depression can last into adulthood and interfere with personal and professional lives. Bullies are affected too, even into adulthood; they may have difficulty forming positive relationships. They are more apt to use tobacco and alcohol, and to be abusive spouses. Some studies have even found a correlation with later criminal activities.

Warning Signs

If you’re concerned that your child is a victim of teasing or bullying, look for these signs of stress:

- Increased passivity or withdrawal
- Frequent crying

Recurrent complaints of physical symptoms such as stomach-aches or headaches with no apparent cause

Unexplained bruises

Sudden drop in grades or other learning problems

Not wanting to go to school

Significant changes in social life, suddenly no one is calling or extending invitations.

Sudden change in the way your child talks, calling herself a loser, or a former friend a jerk.

How to Help

First, give your child space to talk. If she recounts incidences of teasing or bullying, be empathetic. If your child has trouble verbalizing her feelings, read a story about children being teased or bullied. You can also use puppets, dolls, or stuffed animals to encourage a young child to act out problems. Once you’ve opened the door, help your child begin to problem-solve. Role-play situations and teach your child ways to respond. You might also need to help your child find a way to move on by encouraging her to reach out and make new friends. She might join teams and school clubs to widen her circle.

Adults need to intervene to help children resolve bullying issues, but calling another parent directly can be tricky unless he or she is a close friend. It is easy to find yourself in a “he said/she said” argument. Try to find an intermediary, even if the bullying occurs outside of school, a teacher, counselor, coach, or after-school program director may be able to help mediate a productive discussion. If you do find yourself talking directly to the other parent, try to do it in person rather than over the phone. Don’t begin with an angry recounting of the other child’s offenses. Set the stage for a collaborative approach by suggesting going to the playground, or walking the children to school together, to observe interactions and jointly express disapproval for any unacceptable behavior.

Many schools (sometimes as part of a statewide effort) have programs especially designed to raise awareness of bul-



lying behavior and to help parents and teachers deal effectively with it. Check with your local school district to see if it has such a program. Schools and parents can work effectively behind the scenes to help a child meet and make new friends via study groups or science-lab partnerships. If you are concerned about your child:

Share with the teacher what your child has told you; describe any teasing or bullying you may have witnessed.

Ask the teacher if she sees similar behavior at school, and enlist her help in finding ways to solve the problem.

If she hasn’t seen any instances of teasing, ask that she keep an eye out for the behavior you described.

If the teacher says your child is being teased, find out whether there are any things he may be doing in class to attract teasing. Ask how he responds to the teasing, and discuss helping him develop a more effective response.

After the initial conversation, be sure to make a follow-up appointment to discuss how things are going.

If the problem persists, or the teacher ignores your concerns, and your child starts to withdraw or not want to go to school, consider the possibility of “therapeutic intervention.” Ask to meet with the school counselor or psychologist, or request a referral to the appropriate school professional.

Tobacco, a gateway drug

Submitted by John Blackowl
Indian Alcohol & Substance Abuse
Prevention Program

The Mascot Coalition of Albuquerque, NM provided the following on www.mascotcoalition.org.
“What is notable about tobacco use is that it consistently occurs early in the sequence of problem behaviors. When a young person starts to smoke or use tobacco, it is a signal, an alarm that he or she may get involved in other risky behaviors. This is one of the few early warning signs we have in public health. If we can prevent tobacco use in the first place, we might have a big impact on preventing or delaying a host of other destructive behaviors among our young people.”
Former Surgeon General, Joyce Elders said among young people 15 years of age, the initial use of cigarettes, alcohol or marijuana is the strongest predictor of later use of cocaine.
Youth between the ages of 12 and 17 years old who had smoked in the past 30 days were three times more likely to have consumed alcohol, eight times more likely to have smoked marijuana and 22 times more likely to have used cocaine when compared to those who had not smoked cigarettes.
NIDA, National Household Survey on Drug Abuse in 1985 found that illegal drug use is rare among those who have never smoked and cigarette smoking is likely to precede the use of



alcohol or illicit drugs.
National Survey Results on Drug Use from the Monitoring the Future Study, 1975-1994.” The University of Michigan found that the amount of tobacco use is directly related to other drug use. Students whose low-level use of tobacco or alcohol increased to heavy-level use during follow-up interviews were more likely to begin using other substances or to increase their use of these substances than those who remained low-level uses of tobacco or alcohol.
Among 12 through 17 year old adolescents who had never smoked, only three percent had binged (had five or more alcoholic drinks in a row) in the past 30 days. This compares to nearly 40 percent of daily smokers in this age group who had binged in the last 30 days.
The Indian Alcohol and Substance Abuse Prevention Program (IASAP) implements and assists programs in decreasing the incidence of alcohol and substance abuse related crimes, creates public awareness concerning alcohol and substance use/abuse, and collects data specific to Indians in the Cheyenne and Arapaho tribal jurisdiction.

College success, scholarships

By Carrie Orange

I understand that the idea of going to college feels out of reach for some people. Hopefully after reading this article you won’t feel that way.
During my first three years of college I didn’t realize how many scholarships were available, so I worked and took out loans. This was not easy and I had a large amount of debt afterwards, which no one wants. Now that I understand the process of applying for scholarships I am able to attend school and not work, which is so much easier.
On Jan. 11-12, 2012 from 10 a.m. to 4 p.m. the Higher Education program will be hosting a workshop at Southwestern Oklahoma State University in Science Room 108. We will be assisting future students to fill out applications, apply for federal aid, and fill out scholarship applications. I wish someone had done this for me while I was starting school. Now that I am aware of the process, I want to help other tribal members.
We will be hosting the workshop just after the New Year since this is the time the federal aid application opens (FASFA), as well as many scholarship application periods. I’m not sure if many people know this, but the federal government gives everyone approximately \$5,000 a year to attend school. This means that tuition at many schools is paid for. What you are left to take care of is your own living expenses and books. Once you figure out your own monthly budget then you can determine how many scholarships you need in order to attend school.
The average is approximately \$6,000/semester or \$12,000/year. The Cheyenne and Arapaho tribes also helps with \$1,000/semester. With five or more scholarships like this, the school year is taken care of.
Most scholarships last the full four years, so you only need to go through this process once. The way I thought of it was, if I worked really hard for one month putting all of these scholarships together I wouldn’t have to work for

four more years.
When I first looked at our tribe’s scholarship application it felt overwhelming. There is so much information they need. The thing that I realize now is that every scholarship asks for those same basic forms. They all want a CDIB, letter of admission, an essay, letter of recommendation, a FASFA application, and a high school diploma or GED.
If you plan on attending the workshop, please bring as many of these documents as you have available. At this workshop we will help you write your essay and write letters of recommendation for you. We will also give you a binder full of scholarship applications and a space to keep it organized. We will be hosting the workshop in a computer lab, since many of the applications are online. Hopefully, with us right there to answer any questions, the process won’t feel as challenging.
Now that I am receiving all these scholarships I am planning on following this path of education all the way until I receive a PhD. The work hours are much more flexible than a job and since most of the work is homework I can raise a family at the same time. I hope that in reading this article the idea of going back to school feels possible. We hope by attending our workshop it will make the whole process much easier. If there is anyone you know who wants to go back to school, but does not know how to get started, please let them know about this workshop. For questions or more information email missorange@hotmail.com.
Orange is currently attending Southwestern Oklahoma State University on a scholarship through AAUW. She is also in the Master’s of Education Administration program. Orange recently assisted in the writing of a grant to the United States Department of Agriculture (USDA) and spent the past summer building greenhouses at the Food Distribution Center in Watonga, Okla., the elder care facility in Clinton, Okla., and the Head Start programs in Canton, Clinton, and Concho, Okla.

E A T I N G
well
for

DIABETES

By Tara Conway, MS, RD/LD, CDE
C&A Diabetes Wellness Program

Holiday Eating Tips

It’s time for the Holidays where family and friends gather to socialize, exchanges gifts, and enjoy food and beverages.
On average, Americans gain one or two pounds during the holiday season. Gaining one or two pounds is not significant, but if you gain one or two pounds a year and never lose the weight you’ve gained twenty pounds in 10 years.
Don’t skip meals throughout the day while waiting on the big feast, eat breakfast as it is the most important meal and have a light snack such as fruits and vegetables and whole grain so that you don’t overeat when the holiday meal is served.
Holiday meals tend to be large, are usually served buffet style which encourages seconds and thirds.
Some tips to eating less are use a smaller plate, the difference in calories between a 12 inch plate and

nine inch plate is 500 calories.
Eat more salad, fruits and vegetables and less of the high fat foods.
If you are going to a party eat a light snack before you go as Hor’Doeuvre’s tend to be loaded in calories
Eat slow and savor you food, it takes twenty minutes for your stomach to tell your brain you are full.
Monitor portions of the foods you serve, a half a cup of vegetable, potatoes or stuffing, smaller portions of meat and dessert.
Instead of napping after your meal bring the family together by getting some exercise such as walking or maybe enjoy a game of bowling.
For more information on ways to enjoy the holidays and maintain your weight Contact the Diabetes Wellness Program at (800) 247-4612 extension 27685.
Source: Academy of Nutrition and Dietetics

Flu SHOT
Clinic

Seiling/Fonda
Community Center
Seiling, OK

December 6th, 2012

4 p.m. to 7 p.m.

Sponsored by
Indian Health Service

SCHOLARSHIP SEARCH
WORKSHOP

JAN. 11-12, 2013

Southwestern Oklahoma
State University-Science
Room 108

Ascholarshipsearch
workshop is tentatively
scheduled for Jan. 11-
12, 2013 (Friday and
Saturday).
The workshop will
be presented by Car-
rie Orange and Wanda
Whiteman and will be
presented for tribal
high school seniors
and tribal members
interested in attending

college or university. A
meal will be provided
both days.
Additional informa-
tion will be forthcoming
through the *Cheyenne
and Arapaho Tribal Tribune*
and the Cheyenne and
Arapaho tribes Web-
site.
For more informa-
tion contact Whiteman
at (405) 422-7560.

Bison Stew

Cooking with USDA Foods

Recipes furnished by the
Cheyenne & Arapaho Food Distribution Program

2 tablespoons canola oil
2 pounds bison meat, cut into 1-inch cubes
1 tablespoon canola oil
1 cup minced yellow onion
1/2 cup minced celery
2 cloves garlic, minced
2 tablespoons flour
4 cups low-sodium chicken broth
1 cup water
2 tablespoons white wine
1 teaspoon salt (optional)
1/2 teaspoon ground black pepper
3 whole cloves
1 (8 ounce) can tomato sauce

2 tablespoons chopped fresh parsley
1/4 teaspoon ground thyme
Heat 2 tablespoons canola oil in a Dutch oven over me-
dium-high heat; brown the bison in oil, 2 to 3 minutes per
side; remove bison and set aside.
Pour 1 tablespoon canola oil into the Dutch oven; cook
and stir the onion and celery in the oil until soft, about 5
minutes. Add the garlic; cook and stir another 2 to 3 min-
utes.
Sprinkle the flour over the mixture and stir to coat. Stir
in the broth, water, wine, salt, pepper, cloves, tomato sauce,
parsley, and thyme to the mixture; bring to a boil. Return the
bison to the mixture and stir through. Reduce heat; cover
and simmer until meat is fork tender, about 1 hour.

BRIEFS

Tribal Wealth Management Symposium
Dec. 3-4, 2012 at the LaCosta Resort and Spa in Carlsbad, Calif. For more information or to register visit www.nativenationevents.org/conference/tribal-wealth-management-symposium-3.
Indian Country’s Supervision and Management Summit
Dec. 5-7, 2012 at the Platinum Hotel in Las Vegas, Nev. For more information or to register visit [www.fal-](http://www.fal-mouthinstitute.com)

mouthinstitute.com.
The 13th annual National Indian Nations Conference-Justice for Victims of Crime
Dec. 6-8, 2012 at the Aqua Caliente Reservation in California. For more information or to register visit www.ovcinc.org.
Inter-Tribal Transportation Association’s 18th annual Conference
Dec. 10-12, 2012 at the Tropicana Hotel in Las Vegas, Nev. For more informa-

tion or to register visit www.ncai.org.
InterTribal Agriculture Council 2012 Membership Meeting-A Lesson in Sovereignty
Dec. 10-13, 2012 at the Flamino Hotel in Las Vegas, Nev. For more information or to register visit www.indianaglink.com/symposium.html.
Employment Law for Tribes and Tribal Organizations
Jan. 15-17, 2013 at the

Embassy Suites in Las Vegas, Nev. For more information or to register visit www.falmouthinstitute.com.
Managing the Federally Funded Construction Project Under Grants, Contracts and Self-Determination Awards
Jan. 16-17, 2013 at the Embassy Suites Hotel in Las Vegas, Nev. For more information or to register visit www.falmouthinstitute.com.
Introduction to Tribal Grants Management

Jan. 16-18, 2013 at the Embassy Suites in Las Vegas, Nev. For more information or to register visit www.falmouthinstitute.com.
Role of the Recording Secretary within Tribal Organizations
Jan. 17-18, 2013 at the Embassy Suites in Las Vegas, Nev. For more information visit www.falmouthinstitute.com.
The third annual Native American Human Resources Conference

Jan. 24-25, 2013 at the Pala Casino and Resort in Pala, Calif. For more information or to register visit www.nativenationevents.org/conference/third-annual-native-american-human-resources-conference.
The 15th annual Native Diabetes Prevention Conference
Jan. 27-30, 2013 at the Grace Inn in Phoenix, Ariz. For more information or to register visit www.aii.ou.edu/nativediabetes2013.

Artist applications available for 2013 Red Earth Festival

OKLAHOMA CITY, OK - Artist applications for the 27th annual Red Earth Festival art market are currently being accepted for the event scheduled June 7-9, 2013 at the Cox Convention Center in downtown Oklahoma City. Applications will be accepted through January 2, 2013. The award-winning festival is considered the world’s largest event of its kind, drawing thousands of art enthusiasts to a three-day weekend celebrating Native American visual art and dance.

The Red Earth juried art market annually showcases more than 200 artists representing Native tribes and nations from throughout the United States and Canada. The event drew more than 30,000 attendees in 2012 and is a past recipient of numerous awards and honors including the Redbud Award for “Outstanding Event” from the Oklahoma Tourism & Recreation Department and recognition as a Top 100 Event in North America by the American Bus Association.

Red Earth Festival art market categories include contemporary and traditional art forms including cultural items, jewelry, paintings, drawings, graphics/photography, sculpture, pottery, and clothing/textiles/weaving. Each category is di-

Indian Child Welfare news

Cheyenne and Arapaho tribes’ Gov. Janice Prairie-Chief Boswell and Indian Child Welfare (ICW) staff met with Terry Cross, Executive Director and Sara Keefe, Development Manager for the National Indian Child Welfare Association (NICWA) on Nov. 19, 2012 at the Indian Child Welfare offices in Concho, Okla. The NICWA representatives were interested in a sponsorship with the Cheyenne and Arapaho tribes at the National Indian Child Welfare Association’s 31st Annual Conference, Protecting our Children, to be held at the Tulsa Hard Rock Hotel and Casino on April 7-10, 2013

The ICW will be having an Indian Child Welfare Family Christmas party in December. Currently there is are Angel Trees at the main Tribal Headquarters lobby and Lucky Star Casino, both in Concho, Okla. The trees hold ornaments with a child’s age, gender and Christmas wish for patrons/tribal employees to sponsor these children who are currently in the ICW system. Please return the items with the designated ornament from the tree no later than, Dec. 11, 2012 at the ICW offices in Concho, Okla.

The ICW staff would like to say thank you to Gov. Boswell for her generous donation in providing dinner for all the foster care families at the party. Thank you to all the foster parents and all the tribal employees for

Legislative News

November Regular Session-At the Nov. 10, 2012 Regular Session the Legislature passed the following:

- Creation of Department of Energy
- Department of Justice Law with Duties of Attorney General
- Annual Budget 2013
- Amend the Election Code
- Building Safety and Efficiency Act
- A Bill to enact a Garnishment Code
- A Resolution to Oppose Alcohol Sales at Whiteclay

These were taken to the Governor, for her to pass or veto, on Nov. 15.

According to the Constitution, Article VII – Executive Branch, Section 4(g) – Powers, “*The Governor shall have the power to sign any enactment passed by the Legislature into law or to veto any enactment passed by the Legislature within ten days of passage with a written explanation of any objections.*”

Due to Nov. 25 being a Sunday, these should be returned to the Legislature by Monday Nov. 26, 2012

Center for Native American Youth starts champions’ initiative

The Center for Native American Youth is launching a new “Champions for Change” initiative today.

The program is a spin-off of a White House initiative. The goal is to recognize American Indian and Alaska Native youth who are making a difference in their communities.

“I have met remarkable young Native Americans in Indian Country and the Champions for Change program will allow us to celebrate the work they are doing to make a positive difference in the lives of others,” said former Sen. Byron Dorgan (D-North Dakota), who founded the center after he retired from the Senate.

“Native American youth are doing inspiring things and setting positive examples for others to follow. At the Center for Native American Youth, we want to engage and encourage these young leaders,” said Dorgan.

On-site dental services at El Reno Schools

Through the cooperation of the El Reno IHS Health Clinic and El Reno Public Schools Indian Education Program, Native students in grades 1-8 who attend El Reno schools will be able to participate in on-site dental services after they return from Christmas break.

IHS Dental personnel will visit Rose Witcher Elementary, grades 1 and 2, Lincoln Elementary, grades 3 and 4, Webster Elementary, grade 5, Roblyer Middle Schoolm grades 6 and 7, and Etta Dale Jr. High, grade 8 during the month of January.

All Native students can receive a dental screening, and students who are eligible for Indian Health Services will be able to participate in fluoride/sealant treatments. Informed consent and parental permission forms will be mailed to parents within the next two weeks, and the permission forms should be returned to the schools or to Mary Monetathchi at

vided into subdivisions.

Kiowa painter R.W. Geionety of Oklahoma City received the 2012 AT&T Red Earth Grand Award for Best of Show for his painting entitled “Southern Thunder.” Jimmie Harrison, a Navajo jeweler from Albuquerque, NM, was recipient of the 2012 Red Earth President’s Award for his “Hopi Maiden & Sunface Lifeline Belt,” and Chase Earles, a Caddo potter from Ada, OK received the 2011 Red Earth Kathleen Everett Upshaw Award for his traditional pottery entitled “Tah-Nah-Hah ‘Buffalo’.”

Applicants must be able to provide documents of proof of membership in a federally or state-recognized tribal entity or documents of proof of certification as Indian Artisans by an Indian tribe. Juried applicants must provide three color images per category of artwork that will be sold in their booth. Applications can be downloaded from www.redearth.org or obtained by calling (405) 427-5228. Booth space in the Red Earth art market is limited and will be filled on a first-come, first-served basis.



Submitted photo

Pictured l-r: Suzanne Wise, ICW state caseworker. Yolanda Woods, ICW coordinator; Sara Keefe, National Indian Child Welfare Association, development manager; Terry Cross, National Indian Child Welfare Association, executive director and Jeffery Elizondo, ICW foster care caseworker.

their unselfish giving throughout the year. Words cannot express what you all do for these children. Thank you. The ICW is always recruiting for more foster parents and have a great need for foster homes. If interested, please feel Yolanda Woods or Jeffery Elizondo at (405) 422-1173.

November Special Session-On Nov. 8, 2012 the Governor called a Special Session of the Legislature to be held Nov. 15. The items on the agenda were:

- Nomination of Margie Pewo, Health Board
- Nomination of Mary Beaver, Health Board
- Amendment to Resolution 4L-SS-2012-1105-001 to add the amounts for the trust funds in the PL 7210708 account amount \$1,153,720-34 and PI 7370700 account amount \$777,578.84 for a total \$1,931,299.18.

The confirmations were tabled due to the Legislature needing additional information. The Resolution amending the Per Capita Resolution, originally passed at the Nov. 5 Special Session, was passed. This Resolution was taken to the Governor on Nov. 15.

Public Hearings-The Legislature will hold Public Hearings at various communities through the month of December, but the dates and places are not set as of this writing. Notices are faxed to various tribal facilities for posting. If you would like a meeting to be held in your community, please contact your Legislator or the Legislative Clerk at (405) 422-7778.

The announcement is being made at an event in Washington, D.C., that will include Patty Talahongva, a center board member and journalist; Teressa “Tessa” Baldwin, a youth from Alaska Native who founded Hope4Alaska; and WhiteSun Yazzie, the student council president at the Pine Hill High School on the Ramah Navajo Reservation.

The Center for Native American Youth is dedicated to improving the health, safety and overall well-being of Native American youth through communication, policy development and advocacy. The Center for Native American Youth, founded by former US Senator Byron Dorgan, is a policy program within the Aspen Institute, headquartered in Washington, D.C. While a part of the Aspen Institute, the Center is also overseen by a Board of Advisors.

the Indian Education Office (EHS Room 107) no later than Monday, Dec. 17, 2012. This will allow for all paperwork and arrangements to be completed in a timely manner. The first of the dental services is scheduled to begin on Jan. 8, 2013.

Parents are encouraged to authorize permission for their students to participate in these services. By signing the fluoride/sealant permission form, students will be able to receive four fluoride treatments throughout the year at their schools. If you have questions, please feel free to contact Mary Monetathchi, El Reno Indian Education Director, at (405) 262-1120.

Dental Services Schedule: Webster - Tuesday - Jan. 8 (41 students), Rose Witcher - Wednesday - Jan. 9 (66 students), EDJH - Tuesday - Jan. 15 (26 students), RMS - Wednesday - Jan. 16 – (77 students), Lincoln - Tuesday - Jan. 22 (82 students).



Lucky Star Casino presents Jamey Johnson

Dec. 1, 2012 at the Lucky Star Casino Event Center in Concho, Okla. Doors open at 7 p.m. Show begins at 8 p.m. For more information or for ticket information visit www.luckystarcasino.org.

The 10th annual Ha’Stylez Crew’s Battle on the Plains

Dec. 1, 2012 at the Concho Community Center in Concho, Okla. Doors open at 3 p.m. Registration at 4 p.m. Admission is \$10. For more information contact Kendricks Sleeper (405) 274-3069 or by email, hastylevzian@yahoo.com.

Shawnee/Tecumseh Indian Education Student Powwow and Craft Market

Dec. 1, 2012 at the Heart of Oklahoma Expo Center in Shawnee, Okla. Contest powwow, raffles, silent auction, cake walk and 50/50. All veterans, princesses, dancers and drums welcomed. Vendor booths \$40. For more information call (405) 410-4753 or (405) 878-1011.

Cheyenne and Arapaho tribes’ Indian Alcohol Substance Abuse Project Advisory Board Meeting

12 p.m. - 2:30 p.m., Dec. 3, 2012 at the Youth and Family Services, Highway 66 in El Reno, Okla. Open to the public. A pot luck meal will be served. For more information call John Blackowl at (405) 422-7659.

VA Enrollment Fair

9 a.m. - 3 p.m. Dec. 5, 2012 at the Claremore Indian Hospital in Claremore, Okla. Assistance to help veteran patients apply for eligibility for health care services at the VA hospitals and clinics. Bring your DD214 or military discharge papers to conference room 1. Please RSVP by Dec. 4, 2012 by calling (918) 342-6240 or (918) 342-6607.

Flu Shot Clinic

4 p.m. - 7 p.m., Dec. 6, 2012 at the SeilingFonda Community Center in Seiling, Okla. Sponsored by Indian Health Services.

The sixth annual Native American Benefit Concert

6 p.m. - 8:30 p.m., Dec. 8, 2012 at the Glorieta Baptist Church, 7308 S. Western in Oklahoma City. Admission-a new toy or article of clothing for a child ages birth - 17 years old. MC will be Chance Rush. For more information contact Loren Tonemah at (405) 226-0159 or by email, tonemahmusic@gmail.com.

Benefit Dance for the Bears Softball Team

Dec. 8, 2012 at the Concho Community Center in Concho, Okla. Gourd dance at 3 p.m., supper at 5 p.m. with dance to follow. For more information contact George Woods at (580) 791-2819.

C.I.T.G. Confined Inter-Tribal Group Benefit Dance

Dec. 8, 2012 at the Oklahoma Street Gym in Oklahoma City. All Gourd dance from 2 p.m. - 11 p.m. Supper at 5 p.m. For more information contact Charisse Redbone at (405) 247-4814 or William Harrison at (580) 730-1620.

Chapter 1345 National Active and Retired Federal Employees Regular Meeting

5:30 p.m., Dec. 10, 2012 at the Mark Restaurant in Weatherford, Okla. All current and past federal employees are invited to attend. The program will consist of traditional Christmas carols and will be collect toiletries for the Multi-County Youth Services. For more information contact Elizebeth Wilson at (405) 229-8495 or by email, ohelizabeth@cablone.net.

R.E.Sp.E.C.T.’s Elder’s Day Out

10 a.m. - 3 p.m. Dec. 12, 2012 at the Concho Community Center in Concho, Okla. For more information call the R.E.Sp.E.C.T. program at (800) 247-4612 ext. 27570.

R.E.Sp.E.C.T.’s Snow Tubing Event

12 p.m. - 4 p.m. Dec. 19, 2012 at the Chickasaw Sports Complex in Oklahoma City. Open to 7th - 12th grades. For more information call the R.E.Sp.E.C.T. program at (800) 247-4612 ext. 27570.

Annual Bykes 4 Tykes Community Children’s Christmas Party

Dec. 20, 2012 beginning at 6:30 p.m. at the Pawnee Nation Roundhouse on the Pawnee Nation Reserve in Pawnee, Okla. Drawings for bicycles. Santa and Pawnee Bill along with his horse will be present. For more information call Al Thayer at (918) 399-9041.

Sports Expo

10 a.m. - 3 p.m. Dec. 21, 2012 at the Southwestern Oklahoma State University Wellness Center in Weatherford, Okla. Sponsored by the Cheyenne and Arapaho tribes’ R.E.Sp.E.C.T. program. For more information call the R.E.Sp.E.C.T. program at (800) 247-4612 ext. 27570.

The 12th annual New Year’s Eve Sobriety Powwow

Dec. 31, 2012 t the Tulsa Convention Center, 100 Civic Center in Tulsa, Okla. In memory of and honoring Niles Bosin. Contest powwow, all drums welcomed. For more information call Lorraine Bosin at (918) 639-7999.

Happy Birthday



Happy Birthday Joan Candy-Fire
Your family is very proud of you for the accomplishments you have made. You overcame alcoholism as a young woman and turned your life around for your children. You earned a B.A. in Psychology with emphasis in Sociology the year of 2005 from Rogers State University. You wrote a book titled, *Jumping Mouse, Journey to Recovery* by Joan Candy-Fire, Cheyenne and Arapaho. A *retold version of a Native American story* inspired by the Twelve steps of Alcoholics Anonymous and a story from Seven Arrows, Copyright 1972 by Hymeyohsts Storm and 1984 by John Steptoe. In June 2011 you passed the difficult CADC (Certified Alcohol and Drug Counselor) written and oral test and you are now a certified Alcohol and Drug Counselor in the State of Oklahoma. You have a big Cheyenne and Arapaho heart, always wanting to help our tribe, being at our annual Sun Dance ceremonies and providing assistance by cooking and assisting around the camp. You have donated arts and crafts and your time to the George Hawkins Treatment Center. You have raised your three daughters well, Crystal works all the time taking care of her family; Tashina will be receiving her B.A. degree this December 2012; and Cheyanna is an outstanding sixth grader. We can't say enough good things about you. We love you very much and always miss you, wishing you lived closer so we could see you more but glad we talk often and see each other when we can.
Happy Birthday and God bless you niece and your family, we love you uncle Bob, aunt Wanda and all your family.



Happy 2nd Birthday to my Princess, Daviani Wannie-Patsy WhiteShield!
I sat here thinking of the millions of things I wanted to say on your special day, but there are no words that could ever express how much you mean to me. So I must simply say with a tear in my eye, mommy loves you so very much Davi. You are my entire world, my heart, my soul, my complete happiness. You are growing up to be such a smart and independent little lady, I consider myself so blessed beyond belief to be your mom. Dec. 3, 2010 is the day my life really began. Infinite hugs and kisses, mommy



Happy 7th Birthday Jayna Graham
Dec. 5
I am so proud of your many accomplishments in t-ball, gymnastics and cheerleading clinic. Love grand uncle Bob and uncle Bill

Happy Birthday
C. Bizzle
December 20 something
We've been through a lot and will come out on top of things
Can't wait to get together and celebrate
Yee-haw, T. Jizzle



Happy Belated 10th Birthday
Kelli Alexander
Nov. 20
I am so proud of you and your academic accomplishments, Love uncle Bob and uncle Bill



Happy Birthday Teresa Dorsett
Dec. 14
From Cliff

Happy Birthday
Kisses and wishes
Reba Nov. 2
Johan Nov. 4
Alanii Nov. 8
Seretta Nov. 10
Calvin Nov. 15
Carl Nov. 15
Terrill Jr. Nov. 19
LaNita Nov. 25
We love you auntie and uncle Smalls

Happy Birthday
Robert James Meely
Dec. 4
Thirty-three years young
I hope you've known from the start that you are dear to my heart. Know that wherever you go my thoughts and my love will always be there. All our struggles we have been dealt have made us strong enough to face what will come our way. So son this day is yours! I'm blessed and grateful to Maheo' that he brought you to me. I love you son.
See you in a few, love mom, behave too



Happy Belated 33rd Birthday
Kristi Graham
Nov. 25
You're a good niece and good mother of your two children. Have a safe and healthy year.
Uncle Bob and uncle Bill

Happy Birthday to me
62 years young,
Charles Sleeper



Happy 6th Birthday Marcella
"Cella Bears" Sankey
Dec. 12
Six years ago I was blessed with a very beautiful special baby girl. Happy Birthday our little princess
From your mommy Nina and Fritz, your brothers Marcus and Silas and the rest of the Whiteman family. We love you very much!

Yasmina Donna Sleeper
HELLO WORLD !
Sierra Shadaram and Kendrick's Sleeper would like to introduce their daughter Yasmina, she was born on Nov. 8, 2012. She has two sisters, Kaylianne and Rosemary and a brother D'Angelo.
6 lbs-15 ozs
20 inches

Happy Birthday
Jerrie White Buffalo
Dec. 7
68 you're great
Another birthday, but don't worry mom the birthday fairy came to wave her wand and lay another year on you. She needs to get that fixed cause you don't look any older.
Remember when we use to laugh at old people, but you're not old until your lipstick is bigger than your lips. Then you're screwed!
Happy Birthday any way with many beautiful days to follow.
I'm very grateful for you mom, appreciate all that you do.
We all love you, the little ones do too.
Love you mom, Terri Jean, Skeeter, Fletcher's, White Buffalo's and Meely's

Congratulations
Sydney Keith and Celo Keith for being chosen for this year's Outstanding Oklahoma Indian Student of the Year awards by the Oklahoma Council for Indian Education (OCIE).
Both Sydney and Celo will be honored at this year's OCIE Conference Dec. 4-5, 2012 in Oklahoma City.
Sydney and Celo are Christians and attend tribal ceremonies each year where they assist elders or camps by helping them move in or carrying items. They both are active in sports, and attend Glorietta Baptist Church.
Congratulations to you both,
Love auntie Wanda



Congratulations to Alex for being selected as November student of the month from Hillcrest Elementary, Mrs. Corwin's kindergarten class. Your reward was going to see the Extreme Midget Wrestlers at Sugar Creek Casino with your brother Johnnie. We love you Alex.

Dear Santa,
Good boy this year! I would like to ask for Christmas this year, a merkat, that is all. I believe it would be a great friend to have. I will let you know how we are doing next year.
That is all!
Thank you and good tidings,
Roger Todd

Dear Mrs. Claus,
Can you tell Santa I have been good this year! I wanted to make me a long list, but all I would like to have really is a new motorcycle, what they call a Sportster. I think also a gas can in case I run out of fuel.
Thank you and a very Merry Christmas,
Uriah 'Lil D' Rice

Dear Santa,
I have to say, I have been well behaved all year. I wasn't going to ask for anything this time, but I lost one, so could you bring me a pair of wooden shoes. Snow is going to be cold with just one.
I'll leave you a treat on top of the chimney. Give Mrs. Santa a bite. Be safe down the chimney,
Jake Reynolds P.S.
Can you bring my friends some earmuffs, Ernie and Bert.
Thanks they behave sometimes

It's A Girl!
Xavier Jordan Lee Dean would like to welcome his new baby sister, Angel Carla Kaye Dean into this world. She was born on Nov. 15, 2012 at 6:38 a.m. at Integris Hospital in Yukon, Okla. She was 7 lbs and 19 inches at birth. Angel's mother is Alexandra Kaye Dean. Her grandmother is the late JoAnn Carole Beard and her great grandmother is Joyce Black, her great-great grandmother is the late JoAnn Bushy-Black-Williams, numerous more grandmothers as well as grandfathers, aunts, uncles and cousins.

Happy 4th Birthday
Dec. 22
'Pinkie' Laryah R. Fletcher and "Showtime" Scott Tiger Jr.
Bust all the balloons and eat up all the cake and ice cream. Make all the mess you want, somebody will get it! It's all about you that day so have fun doing it!
Love you both, your grannie and auntie

Farrah Aaliyah Hammond
November 9, 2012
6lbs 14oz, 20 inches long

Welcome Farrah Aaliyah Hammond
She was born on Nov. 9, 2012 in Oklahoma City, weighing 6 lbs 14oz and was 20 inches long. The proud parents are RedBird and Malikah Hammond. Her paternal grandparents Kim "Fugi" Hammond and the late Dorothy Heap of Birds.

Louis Roy Harragarra
It's A Boy
Louis Roy Harragarra was born Oct. 29, 2012 at OU Children's Medical at 10:54 p.m. to the proud parents, Donovan Gene Harragarra and Toya Marie Harragarra
Louis's paternal grandparents are Earl Dee Harragarra and Mary Louise Whitecloud. His maternal grandparents are Raymond Lee Paddyaker and Winona June Goodbear

J O B S find your Career

Submit tribal application, resume, diploma, transcripts, valid Oklahoma state driver's license and CDIB to:
Personnel Department P.O. Box 38 Concho, OK 73022 or e-mail: whaag @c-a-tribes.org.

**Caseworker Supervisor
Crisis Assistance
Program,
Closing Date: Until Filled**

**Community Health
Representative
CHR Program
(Permanent)
Closing Date: Until Filled**

**Teachers-Head Start
Canton, Concho, Clinton
Closing Date:Continuous**

**Telephone caseworker
Crisis Assistance
Program,
Closing Date: Until Filled**

**Teacher Aides-Head Start
Concho, Clinton, Canton
Closing Date:Continuous**

**Dietitian - RD/LD
Wellness Center, Concho
Closing Date: Until Filled**

Qualifications:
Prefer bachelor's degree in social work or related field or an associate's degree in related field. Require two years of experience in professional related field. Must understand and strive to implement the program's goals, objectives, rules and regulations. Possess communication skills, written and oral, to relate to Indian and non-Indian communities, other agencies and general public. Ability to maintain a high level of confidentiality on all client matters and other matters protected by the Privacy Act as well as other confidentiality regulations. OSBI and criminal background check required and be adjudicated appropriately. Prefer knowledge of Cheyenne and Arapaho/ Native American cultures and values. Must possess a current Oklahoma driver's license to operate a government owned vehicle. Cheyenne and Arapaho preference.
SALARY: Negotiable

Qualifications:
Cheyenne Arapaho tribal member preference. Have EMT, Medical Assistant, CMA, or CNA experience. Have current CPR certification. Valid Oklahoma state driver's license and be insurable under the tribe's insurance. Must reside in service area. Must pass a physical and be in good physical condition with proof of TB skin test and other immunizations. Must pass basic CHR and First Responder Training within one year of employment. Travel required. Submit program PCC and mileage/maintenance records on a weekly basis. Maintain GSA vehicle responsibly and follow policy. Must pass OSBI background check. Must have a minimum high school diploma or GED certification. Must have own reliable vehicle and residential telephone. Must be able to work hours other than 8 a.m. – 5 p.m., as needed. Must be able to utilize computer and email system. Must be able to work under stressful conditions. Must follow tribal policies and procedures. Must be dependable with regular attendance. Other duties as assigned. Cheyenne and Arapaho preference.
SALARY: Negotiable

Qualifications:
Bachelor's degree in business or Native American Studies preferred. Associate's degree with at least five years experience in Cheyenne-Arapaho traditional activities will be acceptable. At least three years supervisory experience. The applicant must be thoroughly familiar with the culture, history and traditions of the Cheyenne and Arapaho tribes. Must be able to meet with tribal members on an individual and group basis. Must be able to demonstrate professional conduct. Must be able to work a flexible schedule. Valid Oklahoma driver's license required. Cheyenne and Arapaho preference.
SALARY: Negotiable

Qualifications:
Prefer bachelor's degree in social work or related field or an equivalent combination of education and experience. Require two years of experience in professional related field. Ability to work flexible hours and willing to work hours including after 5 p.m. and on weekends. Must understand and strive to implement the program's goals, objectives, rules and regulations. Possess communication skills, written and oral, to relate to Indian and non-Indian communities, other agencies and general public. Ability to maintain a high level of confidentiality on all client matters and other matters protected by the Privacy Act as well as other confidentiality regulations. OSBI and criminal background check required and be adjudicated appropriately. Prefer knowledge of Cheyenne and Arapaho/ Native American cultures and values. Must possess a current Oklahoma driver's license to operate a government owned vehicle. Cheyenne and Arapaho preference.
SALARY: Negotiable

Qualifications:
High school diploma or G.E.D. certification and minimum of one year experience working in an early childhood education classroom; or an equivalent combination of training and experience with willingness to obtain additional training and/or obtain additional training/or CDA or state certificate as requested. Ability to work effectively with low-income and special needs children. Ability to function effectively in cross-cultural situations. Ability to use positive approach in directing and redirecting child behavior, and work cooperatively as a member of a team. Current Childhood Emergency/CPA or First Aide/CPR certification or the ability to obtain one and CDL. Obtain and hold current food handler's card or the ability to obtain one. Maintain compliance with Criminal History Registry and agrees to random drug testing. Must complete supplemental application. Must complete OKDHS Criminal Review Application. Must pass background Investigation.
SALARY: Negotiable

Qualifications:
Bachelor's degree in nutrition from an accredited institution preferred. One to two years experience in diabetes education preferred. Must possess current registration through the Commission of Dietetic Registration and current licensure through the Oklahoma State Board of Medical Licensure and Supervision. Ability to work independently and ability to be reliable. Must possess a valid Oklahoma driver's license and meet requirements for the use of a GSA vehicle. Familiar with Cheyenne and Arapaho tribal culture. Must submit writing sample if successfully selected for an interview. Cheyenne and Arapaho tribal preference. Must be able to work flexible hours including but not limited to evenings and weekends. Must pass OSBI background check.
SALARY: Negotiable

**Recruitment
Administrator
Closing Date: Until filled**

Qualifications:
High school diploma or GED certification required. Four years of general clerical and/or administrative experience. Two years of supervisory experience. Able to type a minimum of 40 words per minute with 80 percent accuracy. Completion of employee background investigating and adjudication training. Must successfully pass background investigation. College degree preferred. Valid Oklahoma state driver's license required. Ability to attend in and out of state training. Good disposition, professionalism and confidentiality a must. Cheyenne and Arapaho preference.
SALARY: Negotiable

**Cheyenne & Arapaho
TRIBAL TRIBUNE
(405) 422-7608 or (405) 422-7446**

**George Hawkins Memorial
Treatment Center**
10320 North Airport Road
Clinton, OK 73601

The Substance Abuse Program can be contacted at (580) 331-2370 or by dialing toll free (800) 247-4612 extension 32370

PUBLIC NOTICE

Anderson, Opal V.
Harp, Marty
Landry, Ramona
Patton, Richard
Patton, William E.
Patton, Marvin L.
Roman Nose, Amy R.
Stebens, Terri L.

Tasso, Raymond H.
Tasso Jr., Elliot H.
Tasso Jr., Robert
Tasso Jr., Henry
Teeter, Debra M.
Thompson, Saadia J.
Walsh, Dana R.

This is to advise you that the Superintendent, Winnebago Agency has made the decision to convey your undivided interest in Tract 161L – Charles Fisher Allotment to the Winnebago Tribe of Nebraska.

The property is described as E½SE¼ of Section 12, Township 26 North, Range 8 East of the Sixth Principal Meridian, Thurston County, Nebraska containing 80 acres more or less. This conveyance deed will be signed on your behalf by the Superintendent, Winnebago Agency to the Winnebago Tribe of Nebraska under the provision of the Indian Land Consolidation Act at 25 U.S.C. §2204.

This decision may be appealed to the Regional Director, Bureau of Indian Affairs, Great Plains Regional Office, 115 4th Avenue, S.E., Aberdeen, South Dakota 57401 in accordance with the regulations in 25 CFR Part 2, within 30 days after this public notice

has been issued.

Your notice of appeal must include your name, address and telephone number and give the reasons why the land sale must not be completed. The notice and the envelope should be clearly marked "Notice of Appeal", your notice should list the names and addresses of the interested persons (other co-owners in this allotment) known to you and you must verify that you have sent them copies of your appeal.

The verification is done by mailing the notice by certified mail. If you do not appeal within the 30 day time frame, this decision will become final for the Department of Interior-Bureau of Indian Affairs-Winnebago Agency. If you have any questions, please contact Monica Flores, Realty Officer or LaVerne Parker, Realty Specialist at (402) 878-2475 or toll free (877) 215-5936.

**Teachers-Head Start
Canton, Concho, Clinton
Closing Date:Continuous**

Qualifications:
CDA, AA, BA Degree in Early Childhood education and a minimum of two years experience working in an early childhood education classroom or an equivalent combination of training and experience. Early childhood education formal training and able to receive a CDA or an AA degree within 180 days of employment. Must pass drug and alcohol test. Must complete supplemental application. Must complete OKDHS Criminal Review Application. Must pass background investigation.
SALARY: Negotiable

**Director
Culture and Heritage
Program
Closing Date: Dec. 1, 2012**

Qualifications:
Bachelor's degree in business or Native American Studies preferred. Associate's degree with at least five years experience in Cheyenne-Arapaho traditional activities will be acceptable. At least three years supervisory experience. The applicant must be thoroughly familiar with the culture, history and traditions of the Cheyenne and Arapaho tribes. Must be able to meet with tribal members on an individual and group basis. Must be able to demonstrate professional conduct. Must be able to work a flexible schedule. Valid Oklahoma driver's license required. Cheyenne and Arapaho preference.
SALARY: Negotiable

**TRIBAL TRIBUNE
DEADLINES**
At 3 p.m. every 8th and 23rd of the month. Unless the 8th or 23rd falls on a weekend, it will be the Friday preceding.

IN THE TRIAL COURT
CHEYENNE AND ARAPAH0 TRIBES
P.O. BOX 102
CONCHO, OKLAHOMA 73022

CHEYENNE & ARAPAH0 TRIBES
OF OKLAHOMA
FILED NOV - 8 2012
IN THE TRIAL COURT
DOCKET PAGE
FILM IMAGE
COURT CLERK DEPUTY

HELEN G. YELLOW EYES
Plaintiff
vs.
LAMONT V. YELLOW EYES
Defendant

Case No: JFD-2012-0031

NOTICE BY PUBLICATION

The Cheyenne and Arapaho Tribes to: LAMONT V. YELLOW EYES

You are hereby notified that Valeria Smith has filed in this Court a Petition For Dissolution of Marriage and that said Petition is hereby set for a Hearing to be heard in the Courtroom of said Trial Court of the Cheyenne and Arapaho Tribes, 700 Black Kettle Boulevard, Concho, Oklahoma, on the 19th day of DECEMBER, 2012 at 10:00 A.M., at which time you may appear and show cause, if any you have, why said Divorce should not be granted.

Dated this 8th day of November 2012.

BY: *Rebekah Martin*
Rebekah Martin, Deputy Court Clerk
Cheyenne and Arapaho Trial Court

Cheyenne and Arapaho tribes
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262-1132

NO APPOINTMENT NECESSARY

In Memoriam

Malcom Fanman
April 20, 1961
Nov. 15, 2012

**Gloria Marie
Spotted Corn**
Feb. 24, 1983
Nov. 19, 2012

A wake service was held on Nov. 18, 2012 at the Canton Community Center in Canton, Okla.

A funeral service was held on Nov. 19, 2012 at the Canton Indian Community Center in Canton, Okla.

A wake service was held on Nov.22, 2012 at the Native American Church in Concho, Okla.

A funeral service was held on Nov. 23, 2012 at the Native American Church in Concho, Okla.

CHEYENNE & ARAPAH0 TRIBES

C-A Food Distribution Program

December

2012

OFFICE HRS. M-F: 8 am- 5 am
STORE HRS. M-F: 9 am- 3:30 pm
CERTIFICATION HRS: M-F 9am-3 pm

Open during Lunch

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Toll Free: 1-888-747-9520 Fax: 405-422-8261 Director: Troy Littleraven		Merry Christmas				1
2	3	4	5	6	7	8
9 Happy B-Day! David	10	11 Clinton TG #1 Happy Birthday! Carol	12 Seilng TG	13 Hammon TG	14	15
16	17	18 Clinton TG #2	19	20 Elk City TG	21	22
23	24	25 CLOSED MERRY CHRISTMAS	26	27 <i>Last day to pick up for 2012</i>	28 Closed for Inventory	29
30	31 Closed for Inventory	NON DISCRIMINATION In accordance with Federal Law and U.S. Department of Agriculture of policy, this institution is prohibited from discriminating on the basis of race, religion, political beliefs, or disability. To file a complaint of discrimination, write USDA, director, off of adjudication, 1400 Independence Ave. S.W. Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (voice). Individuals who hearing impaired or a speech disability may contact USDA through the Federal Relay Service at (800) 877-8399 or (800) 845-6134 (Spanish). USDA is an opportunity provider and employer				
		Have a Safe and Happy Holidays				

Raindrops dance for OKC Thunder



Photos by Alisa Guzman

Pictured above Krystiana Guzman poses in front of the Oklahoma City Thunder poster at Chesapeake Arena before the game.

Pictured right: The Raindrops dance squad perform for Thunder fans during halftime.

Dancing, performing and smiling at the thousands of Oklahoma City Thunder basketball fans were the new junior dance squad ... the Raindrops.

The Raindrops consists of 18 boys and girls, ages 7-12, who were chosen from a group of 150 children. Try outs were held on Oct. 6, 2012 with the largest turn out of girls and boys to audition to date. Out of these 150 children, 18 were chosen for the 2012-2013 Raindrops squad. Two of the 18 are from El Reno, Okla.

Krystiana Guzman, Cheyenne and Arapaho, is 10 years old and the daughter of Mario and Alisa Guzman of El Reno, Okla.

Also chosen was Summer Camper age 10, who made the team for her third year in a row. Summer is the daughter of Leigh and Jason McGeisey and Sony Camper all of El Reno, Okla.

The Raindrops will perform at one home game per month. Their schedule is Friday, Dec. 7, Wednesday, Jan. 16, Friday, Feb. 8, Sunday March 10 and Monday, April 15.



6th Annual Native American Benefit Concert

Glorieta Baptist Church
7308 S. Western
Oklahoma City, OK 73139

Saturday December 8th

Time: 6:00 PM–8:30 PM

Admission: A new toy, or article of clothing for a child ages birth - 17 years old

All proceeds will benefit indigent native children across Oklahoma

MC for the evening will be Chance Rush

Performances by:
Native Praise
Hoop Dancer - Jay Mule
Erick Taylor
Katie Barrick
Terry Tsotigh

Get your picture taken with Santa
And much more

No food or drink allowed in the church

"Let's take care of each other"

For more information contact Loren Tonemah @ (405)236.0159, or tonemahmusic@gmail.com

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LYNYRD SKYNYRD

Photos By Rebecka Lyman

Lynyrd Skynyrd rocks out Concho

By Rebecka Lyman, Reporter

On Nov. 17, 2012 rock and roll hall of famers Lynyrd Skynyrd had the crowd pounding their fists and stomping their feet at Lucky Star Casino Event Center in Concho, Okla.

The energetic live show demonstrated their commitment to their own sound, starting off with tracks from their new album *Last of a Dyin' Breed*.

According to the band's Website the new album debuted at number 14 on the Billboard 200 in August 2012. It was Lynyrd Skynyrd's best showing since the 1977 album, *Street Survivors*, which hit number five.

This year also marks the 35th anniversary of the airplane crash that killed singer Ronnie Van Zandt, guitarist Steve Gaines and back up singer Cassie Gaines.

The rock band members are now, Dale Krantz-Rossing-

ton, singer, Rickey Medlock, Mark Matejka and Gary Rossington, guitarist, Michael Cartellone, drummer, Johnny Van Zant, Ronnie's little brother, lead singer, Johnny Colt, singer, Carol Chase and Peter Keys, keyboard.

The band performed hit songs, *Simple Man*, *Free Bird* and *Sweet Home Alabama*.

Since 1987 the reconstituted band has released nine studio albums and the group was inducted into the Rock and Roll Hall of Fame in 2006.

The Lucky Star Casino has scheduled country musician, Gary Allen, along with his guests, Pat Green and Kristen Kelly on Nov. 30, 2012 in Clinton, Okla. and country artist, Jamey Johnson on Dec. 1, 2012 in Concho, Okla. The doors open at 7 p.m. For more information visit Lucky Start Casino Website, www.luckystarcasino.org.



Submitted photo

9U El Reno Indians Football Team

On Nov. 3, 2012 the 9U El Reno Indians football team took first place in the Big All City tournament at the South Moore High School in Moore, Okla.

Pictured above are: #21 Richard Lerma, #28 Al-dean Whiteshirt, #30 Josh Williams, #12 Darius Moore, #24 Kolton Hunt, #2 Dorian Plumley, #23 Jay Gillingland, #99 Dustin Harrell, #47 Logan Yelton, #3 Chase Lucas, #7 Bryan Lucas, #44 Rian Island, #8 Keagan Yel-ton, #11 Cole Bass, #10 Kade Mayo, #20 Justice Watson, #13 Mikey Debrae-aux, #34 Xavier Debrae-aux, #88 Chistopher Clements, Not pictured are #2 Dalante Shannon, #14 Kolt Lafoe, #9 Shawn Ott and #33 Davis Corwin.

Congratulations to the El Reno 9U Indians football team for being 9-1 in the Central Oklahoma Football League season, great season boys!



Photo by Rebecka Lyman

11U El Reno Optimist Football Team

On Nov. 2, 2012 the El Reno Optimist 11-year-old football team participated in the Central Oklahoma Football League, Superbowl in Yukon, Okla.

The 11U El Reno Optimist football team took second place, earning a silver Superbowl ring for each player to wear.

Pictured above: Front row l-r: Assistant Coach, Mike Meadows, Johnny Joe Perkins, Kelby Rout, Branden Huggins, Devon Klingenburg, Dakota Wilson, Isaiah Burgess, Gavin Graham, Chazton Meadows and Assistant Coach Josh Richey.

Back row l-r: A.J. Sioux, Anakin Curley, Jesse Ward, Ethan Wilson, Dominick Venegas, Josiah Bailey, Dyson Plumley, Ethan Brooks, Dominick Guzman, Garrett Vincent, Assistant Coach, Joe Haines and Head Coach, Mark Vincent.



Courtesy photos
Freda Tippeconnie (l) and her daughter Jordan Gorham, Oklahoma Christian University basketball signee.

Full ride, full expectations, Jordan Gorham takes her game to the NCAA

By Cedric Sunray

Christmas came early this year for an Oklahoma college. For the second year in a row, another top American Indian student athlete has placed their academic and athletic future in the hands of Oklahoma Christian University (OCU).

Last year’s signee, Brandon Little Axe, Absentee Shawnee, previously led his 6A Norman North High School soccer team to undefeated state and national championships prior to beginning his first season at OCU.

In his first season he joined new teammate, Tom Tippeconnic, Comanche/Navajo, while earning starting minutes and a number of goals and assists, which demonstrated he was more than capable

Gorham comes by her talents honestly as her mother, Freda Tippeconnie, is a former collegiate basketball player at Rose State College and East Central University.

At a height approaching 6’1 with an athletic build, Gorham is a commanding presence at the high school level. With a skill set equal to her stature, she will undoubtedly continue her present success as OCU’s first women’s basketball signee since the school’s transition from NAIA to NCAA Division II athletics.

During a recent conversation she stated how grateful she was for the opportunity to play at the collegiate level and that anyone looking to play at the college level needs to work hard all the time as, “you never know who is watching.”

She went on further to acknowledge that when she steps out on the court she is not only playing for her school, her team, her family and herself, but for her tribes and for Indian Country.

Gorham has been presented with basketball as a platform to represent her people and further develop herself as a role model for other Indian girls and young women.

Of course, there is still the matter of one final high school basketball season hopefully culminating in a last run at a state championship. In speaking with her, one finds she is well on her way in both regards.

Gorham’s mother is the daughter of Thelma Hoffman Kauahquo, Cheyenne and Arapaho and Frank Kauahquo. Jordan’s great-grandparents were Fred and Kathryn Hoffman. Jordan’s great great grandparents were Albert and Vinnie Hoffman. Her father is Hershel Gorham, Cheyenne and Arapaho, and her grandmother was Ruby Friday.



Jordan Gorham signs a letter of intent to play NCAA basketball with Oklahoma Christian University in Oklahoma City. Pictured l-r: Freda Tippeconnie, Jordan’s mother; Jordan Gorham and Hershel Gorham, Jordan’s father.

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